

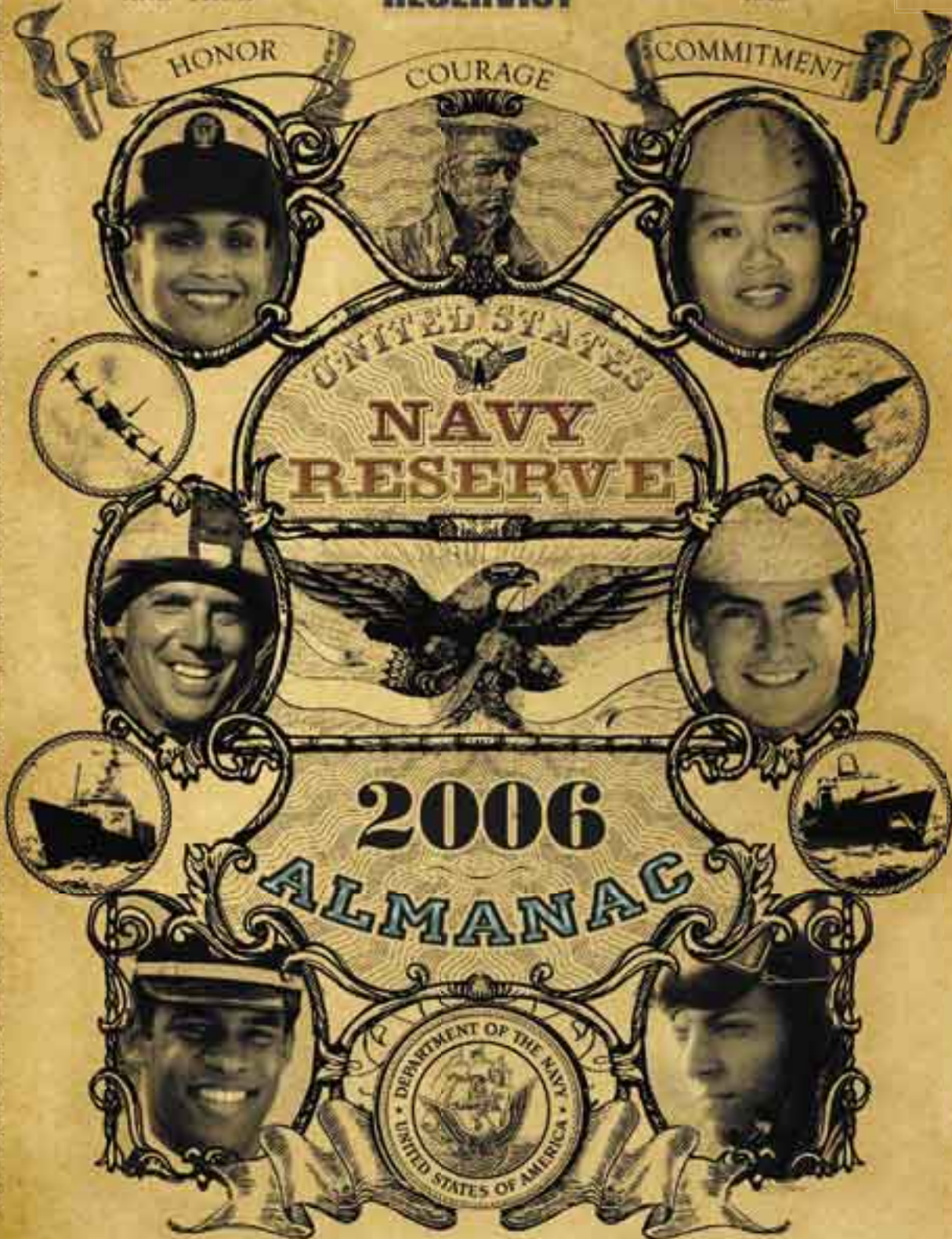
**PULL OUT  
POSTER  
& DECAL  
INSIDE!**

THE UNIQUELY ORIGINAL  
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**TheNAVY  
RESERVIST**

ESTABLISHED IN  
1913

FEATURING: HISTORY OF NAVY RESERVE • THE FLEET • NAVAL AIR FORCE RESERVE • RESOURCE GUIDE



EDUCATION & ADVANCEMENT • PAY CHARTS • REDCOM MAP • ACTIVATION & MOBILIZATION CHECKLIST

ENLISTED RATINGS, BADGES, PINS, INSIGNIAS, RIBBONS, MEDALS & DEVICES CHARTS



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RESERVIST**  
SUPPORT TO THE FLEET...READY AND FULLY INTEGRATED



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*The Navy Reservist* seeks action photos of Navy Reservists (minimum 300 dpi digital slides or negatives) that tell the story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph to include their respective rate, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at [www.mediaceen.navy.mil/vi/virin.htm](http://www.mediaceen.navy.mil/vi/virin.htm). Submissions should be received three weeks prior to publication month (i.e. October 1st for the November issue). Material will not be returned.

### NEWS ONLINE

*The Navy Reservist* current and past issues can be accessed online at <http://navyreserve.navy.mil>. Navy Reserve News Stand, a Web site featuring Navy Reserve news and photos, plus links to Navy fleet pages, can be viewed at [www.news.navy.mil/local/nrf](http://www.news.navy.mil/local/nrf).

### CHANGE OF ADDRESS

Selected Reservists with address changes need to provide updates to the NSIPS (Navy Standard Integrated Personnel System) via their Reserve Personnel Center at the local Naval Reserve Activities.



**H**appy New Year and welcome to the "The Navy Reservist Almanac" special edition. Our Navy Reserve Force Public Affairs Staff has compiled a great deal of important information that you will find useful in the coming year. As you travel the world providing superb support to the Fleet, ready and fully integrated, we hope that you will often refer to this tremendous reference and share it with others. Most of all, thanks for your dedicated service in support of our great Navy as we fight the global war on terror (GWOT).

We are Sailors for life, serving and REServing together in a Total Force "continuum of service." Throughout the fleet, Active Component (AC) Sailors are being encouraged to think twice about leaving the Navy and losing their excellent benefits, which includes some of the best retirement benefits anywhere. Sailors are being counseled and provided the opportunity to "transition" to the Reserve Component (RC), either in a Full Time Support (FTS) status or as a Selected Reservist (SELRES) with a contract to serve 48 drills, also known as Inactive Duty Training (IDT), and 14 days Annual Training (AT), or at least know more about their responsibilities as a member of the Individual Ready Reserve (IRR).

If someone you know is considering their options about reenlistment, civilian life

and the possibility of joining or staying in the RC, be sure to discuss your experiences and help them to "Stay Navy." Surprisingly, only about 20 percent of AC Sailors are encouraged to join the RC and most are not aware of the many benefits, including making their years of active service continue to count towards many excellent benefits they might otherwise take for granted. We need our ready REServists to "Stay Navy" as well, including possibly transitioning back to AC. Force attrition needs to be reduced and every command should concentrate on their command climate for retaining "one more Sailor."

In this TNR issue, you will find a "Navy Reserve" vinyl window decal. Please display it proudly, and remember that we are all recruiters for the Navy. Talk to your shipmates and neighbors in your community about your service and the benefits that you earn. Encourage those that are interested in a Navy Reserve career to see their local Navy recruiter, or go online, [www.navyreserve.com](http://www.navyreserve.com).

Our FY2006 Navy RC budget was reduced along with all the other services due to the GWOT, increased readiness expenditures and systems acquisition. Operational Support Officers (OSOs) are now continuously providing data to supported commands to request Navy support for RC man days. Requirements must be validated by the chain

of command to Fleet Forces Command (FFC) for OPNAV to source. Many commands are already doing this successfully. As we prosecute the GWOT, warfighter support has priority. Navy funded Active Duty for Special Work (ADSW) is the best type of orders for our RC personnel to utilize while supporting the fleet-Navy work dollars for Navy work. Mobilization for training is also a funding option that can be used prior to deployment.

The Fleet Forces Command Zero-Based Review has validated a requirement for 73,100 Navy Reservists this year. We do not plan to under execute RC end strength, as we have for many years, which has conveniently generated funding to distribute to the field as AT, ADT and IDT (extra man days). Navy AC has learned to expect these "extra" days, but RC support is not free and must be budgeted. Through constant communication and continuing education at all commands, Navy is learning that our Force is a real bargain for the predictable and periodic support that we continuously provide. The programming cost for one AC Sailor equals that of five SELRES. If properly utilized, the RC can provide a very high return on investment, while performing operational support, and staying ready as a formidable surge force. Two-thirds of our Force is doing much more than the minimum amount of service. We will work with Navy to properly fund this Navy operational support through

existing appropriations and cost of war supplementals.

Medical, dental and physical readiness is the personal responsibility of every Sailor. We must develop a "culture of fitness" and total readiness at every command and in every unit. These are not just military requirements, but should also be important to every individual, as they maintain good health and exercise to stay fit. These issues continue to be the primary reasons our Sailors cannot mobilize, with medical readiness being the leading cause for half of the Navy's attrition rate. Every REServist needs to take a proactive role in their total readiness to ensure that they can be quickly mobilized to support GWOT requirements, and will simply be more healthy and fit.

Many Navy Operational Support Reserve Centers are institutionalizing command PT on drill weekends. Not only does this encourage team building, but also creates an enhanced awareness of personal fitness throughout the command. As we further develop and foster the Navy's "culture of fitness," Sailors everywhere need to assess their own lifestyles, and then take the necessary steps make health and fitness based decisions. Most of all, we need to follow the orders of our Commander-in-Chief: "Be ready!"

**VICE ADM.  
JOHN G. COTTON**  
Chief, Navy Reserve



COMMANDER'S VIEW



## WELCOME ABOARD!

REAR ADM. CRAIG O. McDONALD

## HONORING HONOR

As I look across our Force and have a chance to visit with our people, I feel we have two basic means of understanding how we contribute to the overall mission of the United States Navy. The most obvious involves looking at the collectable data, such as the information you find in this Almanac issue. In support of joint war fighting and the fleet gaining commands,

how many Reservists are doing what, where and when? Collecting and articulating this data is a very vital part of communicating the support message to the Navy and to our gaining commands.

Equally important, however, is our dedication to living the core values of honor, courage and commitment. For us to be truly successful, those values must be ubiquitous within our Force; therefore, over the next few months, I am going to address each core

value individually.

Honor is the act of serving a greater cause with total integrity-not for the money, not for the glory-but because it is the right thing to do. Since honor is a person's most valuable asset, you will be glad to know that nobody can take your honor; only YOU can surrender your honor.

We see examples of honor all around us - in the exhausted faces of Sailors assisting earthquake victims in Pakistan and in the dogged eyes of those fighting to ensure freedom for the Iraqi people. Equally honorable is the recruiter who, despite persistent discouragement, never gives up; the boatswain mate who, despite harsh conditions, is determined to get the job done to the highest standards; and the Navy family members who, notwithstanding the burden of going it alone for months, faithfully and honorably handle each challenge.

Conducting yourself in the highest and most ethical manner in all your relationships is critical

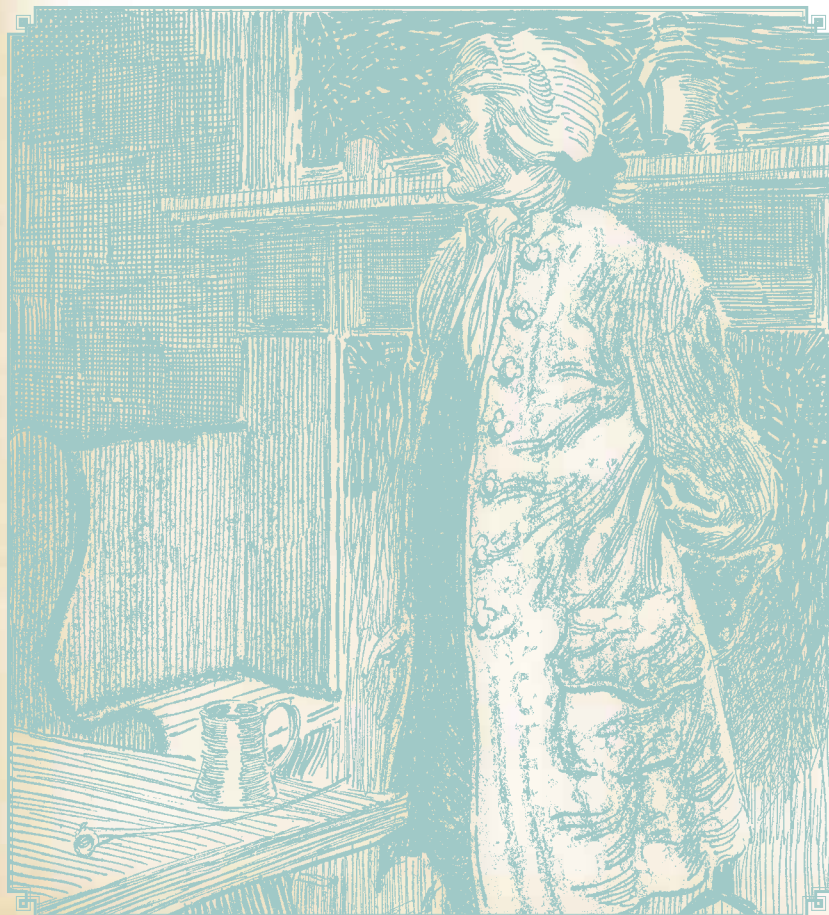
to your professional growth and to the vitality of our Navy. Be honest and trustworthy in all your dealings. Make honest recommendations. Truthfully convey messages, even the unpopular ones. Go beyond required lengths to ensure the integrity of your actions and words. Live up to your legal and ethical responsibilities, both publicly and personally. Avoid any illegal or improper behavior or the appearance of such behavior, and hold yourself accountable for your own professional and personal behavior.

Being an honorable person is an individual choice; however, for those of us who swore we would be honorable, we've already made our choice and are obliged to live up to our sacred commitment. We must strive every day-in all of our dealings to be honorable. Our Navy-including our Reserve Force, our civilian employees, and our Navy family members-depends upon its personnel to always do the right thing, even when nobody else is watching.

*Warmest regards,*

**REAR ADM.  
CRAIG O.  
MCDONALD**

Commander,  
Navy Reserve Forces  
Command



# WELCOME ABOARD!

## SAILOR'S MATTERS



**H**appy New Year! I hope you had a safe and restful Holiday season. No matter where you celebrated my prayer is that you were able to feel the warmth and love of your family and friends while reflecting on the highs and lows of an incredible year.

We all enter the New Year with its challenges and I'm sure most of us are assessing both personnel and professional goals, sometimes referred to as resolutions, and laying a track to accomplish them. The top recorded resolution year after year is a commitment to some form of weight loss and/or work out regime. Based on current medical statistics in our country this will undoubtedly be at the top of the list again this year. I must admit that I have some goals in this area for myself. Other personal goals may land in the area of finance, maybe working towards being debt free or investing more.

I was speaking with a shipmate who shared with me that he was resolving to take his wife out on a "date night" at least once a week along with carving out a "family night" where they just spend quality time together. What a noble goal. Whatever your New Years resolution

or personal goals may be for 2006, I would challenge you to be realistic and stay the course. If you stumble and fall short - don't quit. Pick it back up and press on!

I believe it is important to set professional goals as well. Your own professional growth and development, which may equate to something as simple as doing one electronic learning course on NKO a month. Understanding the goals for your command and how you can contribute to the mission accomplishment. Recruiting and retaining quality Sailors in the Reserve Force is a great example of a broad-brush goal. All of us are ambassadors of the Navy and in reality "recruiters". How

can you reach out and touch a Navy Veteran? Are you "talking up" the Navy within your area of reach? In 2005 we recruited 9,788 enlisted Sailors and lost 14,552. This is a trend we can't afford in 2006 and retention is a top priority. It is dynamic, it involves a lot of moving parts but it is crucial that Sailors feel they are contributing and are compensated in some way for what they do. How is the

retention team at your command? What can you do as a part of the process to "Stay Navy" and mentor others in the command. I had the opportunity to visit Fleet Forces Command in Norfolk, Va., and the biggest take away is the constant attention across the Navy Reserve with data integrity. We have to get the paper work right and we keep seeing improvement but it remains in my mind a high level goal for mission accomplishment. I speak at the small operational support centers and readiness commands in my travels and tell them that they are absolutely at the "tip of the spear" and can be heroes in

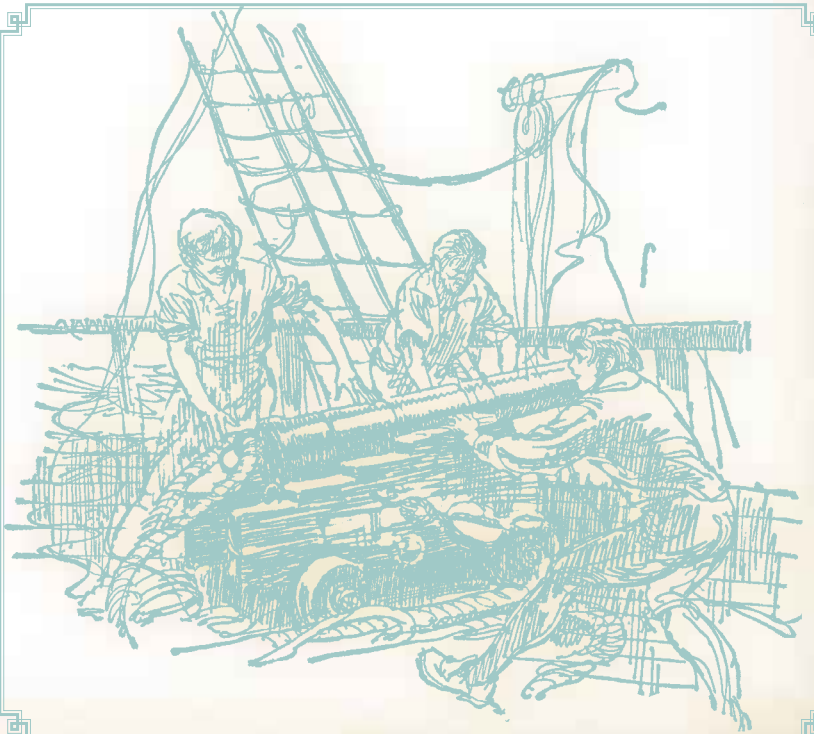
this war on terror by simply taking care of the paper trail.

In summary I want to thank all of you for the amazing work and support you give on a day in and day out basis. Most resolutions are measurable. They are things we can track. I know we are going to all have successes and failures and the key, whether personal or professional is how we handle both. I look forward to this next year and the opportunity I have to serve along side.

*See you on the deck plates.*

**FORCM(SW)  
DAVID R.  
PENNINGTON**

Force Master Chief,  
Navy Reserve Force





# WELCOME ABOARD!

## FORCE CAREER COUNSELOR



**H**appy New Year shipmates! It's time to look forward and get your thoughts together for the future. In writing these articles, I generally take them home and have my husband review them. He has a great insight to what I write, and he often helps me with some changes before I forward to the JO's for publication. So, if you read a term and wonder where I got that from, it may be a suggestion from a retired HTC!! This article is to re-emphasize some of the topics already discussed in other issues, all of these topics are important and need continual emphasis from the top down.

We know there will be a draw down happening this FY. We are reducing our overall numbers to align our force to the

USN overall numbers. How will this affect you? Most will be through natural attrition. Some will be through a change in High Year Tenure (HYT) limits, and yet some will be accomplished by the BRAC list and through the Zero Based Review (ZBR).

So what does all this mean to you? Look ahead, become like hydraulic fluid and be able to adapt to the situations around you. If you are able to change with the flow, adjust to the pressure and still hold viscosity, then you will have no problems adjusting to the current situations that could potentially place you in a position to consider converting! Applying through JCMS will be your best source for job availabilities.

JASS Career Management System (JCMS)? It is your detailing link to another job. Just like we do for Active, you now have a Projected Rotation Date (PRD) and it is used to help you decide your next job. As discussed in the December issue, please contact your Command Career Counselor (CCC) for guidance. The CCC will be the best person to help you with the JCMS selection process. The CCC will review your qualifications to ensure

you are eligible for the job you select.

Do you wish to acquire a bit of additional income to assist with those pesky holiday bills? Your CCC is a great source of information to help you with a conversion. Visit the CCC's office and review the current bonus message that is currently on our web site: [www.navyreserve.navy.mil](http://www.navyreserve.navy.mil). The message is ALNAVRESFOR 010/05.

Retirement is another area targeted for this year's drawn down. As mentioned in the December issue, there is a change to the way we will be approving transfers to the retired list. As of January 1, 2006 if your HYT month is within the next 12 months, you will be asked to transfer the month of your HYT.

BUT... Remember, you can always use your chain of command and request a waiver. Of course, a waiver is only good for one year at a time.

The old Career Decision Survey? IT's GONE... We are undergoing a re-write with the developers of the AC "ARGUS" survey which will now include all USN, FTS and Reserve Sailors. It is scheduled for release in late January or February. I will advertise the release date and the criteria for completing the

survey once completed.

Please DO NOT COMPLETE THE CAREER DECISION SURVEY ANYMORE!!! This has been taken off line, and until there is access to the data within, I have no way to help any command gain access. I have been assured this will happen, but as we all know, it may take awhile. Once again, please pass the word that this survey is off line, and unavailable to the Sailors in the field.

Finally we need to keep Sailors!! Work with your chain of command to get necessary time away from your command if needed. The command has the ability to give you authorized absences, which can be used to give yourself time to re-group and return to your command and be a productive Sailor. You are the important link in the Chain of Command.

As always, if you have comments to this article or wish to see something in the next article, please email me at [cynthia.blevins@navy.mil](mailto:cynthia.blevins@navy.mil) and I will do my best to answer your questions or deliver to you the right information you requested.

**NCCM(AW/SW)  
CYNTHIA BLEVINS**  
Force Career Counselor,  
Navy Reserve Force



## TASK FORCE NAVY FAMILY OMBUDSMEN EXPANDS ROLE OF OMBUDSMAN IN 2006

by Task Force Navy Family Public Affairs

**W**ASHINGTON — Since Sept. 26, volunteer Ombudsmen from the Task Force Navy Family Ombudsmen Resource Cell (ORC) have called military members, spouses and Navy families who lived in the Hurricane Katrina, Rita and, most recently, Wilma affected areas to make sure they have information and access to resources for assistance.

The ORC was created under Chief of Naval Operations' (CNO) direction to reach out to the Navy families affected by Hurricanes Katrina and Rita. It is one of several ways the Navy is communicating important information to military members, Navy civilians, retirees and the families.

"When we call, we make sure they are receiving the support they need like Safe Haven per diem," said Janet Passmore, Task Force Navy Family Ombudsmen-at-large. "We make sure they are registered on BOL [Bupers On-line] and refer them to their local Community Support Center so they can be assigned a Case Manager. Sometimes we're just someone to talk to."

Since the Task Force Navy Family ORC was developed to contend with a specific disaster, it evolved its procedures as the needs of the Navy families affected by the hurricanes have progressed. The ORC has become more efficient, according to Passmore, and are creating processes that will be able

to be reconstituted into a proficient cell in the wake of another disaster. "We should be able to come here the next day (after a disaster) and start working," said Passmore.

"We should just put the wheels back on the car and start moving again," said Doreen Scott, Chief of Naval Operations Ombudsman-at-large. Scott is assisting the ORC as well as continuing her regular duties.

The cell is staffed primarily by Ombudsmen volunteers, and three military members who provide administrative support. BOL provides all the contact information to the volunteers for the phone calls. It also has military member volunteers making a variety of calls for the Task Force.

"It's been a challenge contacting some of our Navy families, as the entire infrastructure along the Gulf Coast was out for quite some time. They lost power and phone service, along with computer access and cell phone coverage. Many families have had to move multiple times, so their contact phone numbers keep changing," said Passmore.

The administrative members of the ORC research viable phone numbers for the members and pass the correct contact information back to the volunteers.

Petty Officer 1st Class Kendolyn Lathan and Petty Officer 1st Class Jeff Crawford provide the administrative support for the Ombudsman Center. "We also offer moral support to the volunteers and provide continuity, as our

volunteers rotate through the office", said Lathan. Master Chief Petty Officer Jimmy Paulk is the active duty member providing support between the ORC and Task Force Navy Family.

Finding the correct contact information is sometimes critical in order to provide accurate information to the Navy families. In some instances, Navy family members are out of contact with their chain-of-command and the resources available to them.

One example of such a case handled by an Ombudsmen volunteer was for a spouse of an active-duty military member currently deployed. According to Passmore, the young woman left the affected area before Hurricane Katrina without updating her contact information for her husband's chain-of-command.

Through some detective work and phone calls made by the administrative staff and the Ombudsmen, a correct phone number was found. An Ombudsman called the Navy family member and found she was not aware of some of the assistance available to her, including the financial aid available from Safe Haven pay.

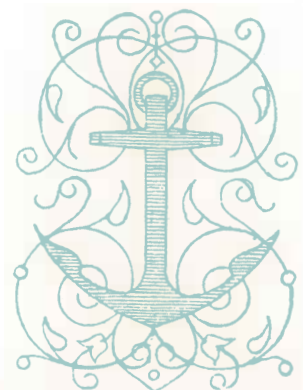
The ORC was able to connect her with a case manager through the Community Support Center (CSC) and update her new contact information. The Ombudsmen who talked with her will follow up in a few weeks to ensure she has all the information she needs to receive the right assistance.

"The ORC is essential to find the families that have fallen through the cracks," said Rear Adm. Robert Passmore, commander Task Force Navy Family. "We are finding those families everyday and the have needs. Restoring our families to normal is vital to the Navy's mission."

In the wake of Wilma, Scott and Janet Passmore noticed that Navy families were more proactive in providing correct emergency contact information and updating their BOL entries before Hurricane Wilma came ashore.

"Families must have an emergency plan in place no matter where they are stationed," said Scott. Scott and Janet Passmore recommend listing multiple contacts in BOL so commands have the ability to contact a family member or friend in the wake of a disaster. They also need to stay in touch with their Command Ombudsman if possible.

Navy Families can contact the Task Force Navy Family ORC for questions or referrals relating to any needs as a result of Hurricanes Katrina, Rita and Wilma by calling 1-866-345-8179.





# THE QUARTERDECK

## BIOGRAPHIES

### VICE ADM. JOHN G. COTTON

Chief of Navy Reserve

Vice Adm. John G. Cotton graduated from the U. S. Naval Academy in June 1973 with a degree in Aerospace Engineering. Earning his wings in October 1974, he became a third generation pilot - his father was a Naval Aviator and his grandfather flew with the Lafayette Flying Corps in WW I. He was forward deployed to Japan, 1975-1978, flying the A-7 Corsair II with VA-93 aboard USS Midway (CV-41), and then served on the Commander Light Attack Wing U.S. Pacific Fleet staff at NAS Lemoore, Calif., 1978-1980.

Becoming a commercial airline pilot, he affiliated with the Navy Reserve at NAF Washington, D.C., later flying with VA-2082, the A-7B augment unit at NAS New Orleans, 1981-1982, and then with the Navy's last RF-8G Crusader squadrons, VFP-306 and VFP-206, 1982-1987. Returning to VA-2082, he became C.O. in 1988.

In 1989, he joined VA-204 in New Orleans, completed FA-18 Hornet strike fighter and adversary pilot transition training in 1991, and commanded the VFA-204 "River Rattlers" from July 1993 to September 1994. The squadron received the 1993 CNO Safety "S" Award completing 13 years of major mishap free operations, the 1994 Battle "E" and F. Trubee Davison Award as the top reserve tailhook squadron, and a CNO Meritorious Unit Commendation.

From 1994-1996, he was CO NAS Keflavik 1066 at NAF Washington, and received the Rear Adm. Stanley David Griggs "Excellence in Leadership" Memorial Award. He was then C.O. Navy Command Center 106 at the Pentagon, and also served as an instructor at the Command Leadership School at NETC Newport, R.I.

Cotton's initial Flag assignment was Deputy Commander Naval Air Force U.S. Atlantic Fleet, 1997-1999. Recalled to active duty, he also served as Deputy Commander Joint Task Force Southwest Asia, Riyadh, Saudi Arabia, supporting Operation Southern Watch and Desert Thunder.

At the Pentagon in 1999-2000, he was again recalled to active duty as Deputy Chief of Navy Reserve N095B. He then served as Assistant Deputy Chief of Naval Operations Warfare Requirements and Programs N6/N7R, and was a member of the SECDEF Reserve Forces Policy Board, 2000-2003.

Following nomination by the President and Senate confirmation, Cotton took a leave of absence from American Airlines in October 2003 to return to active duty as Chief of Navy Reserve and Commander Navy Reserve Force.

Personal awards include the Legion of Merit, Defense Meritorious Service, Meritorious Service, Navy Commendation, and Navy Achievement Medals. He has over 4,200 hours of military flight time and is a graduate of Executive and Reserve Component programs at the Naval War College, Naval Postgraduate School, National Defense University, Army War College, Harvard University and the Massachusetts Institute of Technology.



### REAR ADM. CRAIG O. McDONALD

Commander, Navy Reserve Forces Command

Rear Adm. Craig O. McDonald, a native of Miles City, Mont., graduated from the United States Naval Academy in June 1976. On October 21, 1977, after initial flight training at Training Squadron (VT) 10 and Advanced Airborne Tactical Data Systems training at Carrier Airborne Early Warning Training Squadron (RVAW) 120, he was designated a Naval Flight Officer (NFO).

Released from active duty in June 1982, he moved to Suffern, N.Y., and was employed with New York Telephone. McDonald was selected for the Full Time Support (FTS) program and was recalled to active duty in April 1983. McDonald's significant tours include: VAW-123, "Screwtops," Division Officer and Department Head; RVAW-120, "Grey Hawks," NFO Instructor; VAW-1086, "Augger Doggers," flight crew; VAW-88, "CottonPickers," Officer-in-Charge; Commander, Naval Air Reserve Force, Air Operations and Assistant Chief of Staff for Operations and Fleet Support; VAW-78, "Fighting Escargots" Commanding Officer; Naval Air Station Joint Reserve Base Fort Worth, Commanding Officer; Chief of Naval Operations (N095), Executive Assistant to the Director of the Navy Reserve; and Deputy Director Navy Reserve. He was selected for flag rank on Aug. 1, 2003 and served as Chief, Office of the Defense Representative Pakistan from July 2004 until October 2005. He assumed his present duties as Commander, Navy Reserve Forces Command on August 12, 2005.

McDonald has 5,000 total hours and over 4,600 hours in the E-2C Hawkeye. He has had the privilege of working with the finest enlisted and officer personnel in the United States Navy throughout his career.

His decorations include the Defense Superior Service Medal, three Legion of Merit Awards, two Meritorious Service Medals, two Navy and Marine Corps Commendation Medals, two Navy and Marine Corps Achievement Medals, four Meritorious Unit Commendations, three Battle "E" ribbons, the Navy Expeditionary Medal, two National Defense Service Medals, four Sea Service Ribbons and the Armed Forces Reserve Medal (with silver hourglass).



*Twenty years from now you will be  
more disappointed by the things that you didn't do  
than by the ones you did do.  
So throw off the bowlines.  
Sail away from the safe harbor.  
Catch the trade winds in your sails.  
Explore. Dream. Discover.*

*Mark Twain  
1835-1910*

*American humorist, novelist, writer, lecturer*



# THE QUARTERDECK

## BIOGRAPHIES

### REAR ADM. JEFFERY A. LEMMONS

Commander, Naval Air Force Reserve

Rear Adm. Jeffery A. Lemmons is a native of Brownwood, Texas. He graduated from the United States Naval Academy in 1979 and was designated a Naval Aviator in November of 1980.

In 1981 he reported to Patrol Squadron (VP) 23 in Brunswick, Maine, deploying to Iceland, Spain, the Azores, Bermuda and Sicily. He flew in maritime support for Operation Urgent Fury/Grenada Battle Group, Libyan, Syrian, and Nicaraguan surveillance operations. In September 1984, Lemmons reported to the Joint Chiefs of Staff, Washington, D.C., as a Naval Intern where he participated in global war planning, multiple theater wargaming, and joint service policy development.

Lemmons received a Reserve commission in November 1985, and reported to VP-68 at NAF Washington, D.C. He subsequently became the commanding officer of VP-68 in February 1996. After his squadron command tour, he has been assigned as executive assistant to the commanding officer,

NR Reserve Patrol Wing Atlantic 0186; commanding officer, NR CVN-71 0193 supporting USS Theodore Roosevelt (CVN 71); commanding officer NR Naval Air Station Keflavik Iceland 0293; commanding officer, NR Navy Command Center 106, supporting OPNAV N3/N5.

During this period he also served in the following extended active duty assignments: Chief of Naval Operations (OPNAV) staff N88R, supporting the Director, Naval Air Warfare for programming and budget development; commander U. S. Second Fleet ASST C2W Officer during NATO Exercise Strong Resolve 1998; USS Theodore Roosevelt Battle Group liaison officer to the combined air operations center, 5th Allied Tactical Air Force, Vicenza Italy during Operation Allied Force, the campaign to liberate Kosovo; OPNAV Naval Operations Group "Deep Blue" liaison officer to the Commander, U. S. Pacific Fleet, Pearl Harbor, Hawaii; deputy for mission effectiveness, Navy Reserve Readiness Command Region Southeast; Director for Fleet Readiness, OPNAV N43.

He has proudly served with shipmates who have earned four Meritorious Unit Commendations, the Joint Meritorious Unit Commendation, the Coast Guard Unit Commendation and two Battle "E" Awards for excellence. He is authorized to wear the Legion of Merit, Meritorious Service Medal (3), Joint Service Commendation Medal, Navy and Marine Corps Achievement Medal, Armed Forces Expeditionary Medal, Kosovo Theater Medal, and the NATO Medal for Yugoslavia. He has completed the Naval War College and National Defense University Reserve Component studies curriculum.

Rear Adm. Lemmons has been a commercial airline pilot with American Airlines since 1987.



### REAR ADM. ROBERT O. PASSMORE

Commander, Task Force Navy Family

Rear Adm. Robert O. Passmore is a native of Ellensburg, Wash. He attended the University of Washington on an NROTC scholarship, and received his commission and a Bachelor of Science degree in Oceanography in June 1972. Passmore also completed a Master of Science degree in Computer Science in 1983.

Earning his pilot wings in October 1973, Passmore's first assignment was instructor duty at Training Squadron (VT) 2 at NAS Whiting Field, Fla. In 1975 he was ordered to Patrol Squadron (VP) 50, NAS Moffett Field, Calif.

In 1979, he became a drilling Reservist serving with both VP-91 at NAS Moffett Field and VP-69 at NAS Whidbey Island, Wash. In 1980, he joined VP-68 at NAS Patuxent River as one of the Full-Time Support Officers. In August 1983, Passmore transferred to VP-67 at NAS Memphis, Tenn.

Released from active duty in October 1985, Passmore affiliated with VP-69. He assumed command of VP-69 in December 1989. In June 1991, he reported to VTU-8989 where he drilled until being selected as Commanding Officer of NR CVN-68, USS Nimitz 0289 in January 1994.

In October 1995, Passmore assumed duties as Commanding Officer of Naval Reserve NAS Whidbey Island 4089. Two years later he was selected to be the Navy Emergency Preparedness Liaison Officer for the state of Washington. In October of 1998, he assumed the position of Deputy for Mission Effectiveness at Naval Reserve Readiness Command Region 22, Naval Station Everett, Wash. Passmore's first flag assignment was Deputy Commander, Maritime Surveillance and Reconnaissance Forces, Sixth Fleet, and Deputy Commander, Fleet Air Mediterranean in Naples, Italy, from October 2000 through September 2003. In May 2002, he was assigned additional duty as Commander, Naval Reserve Readiness Command Northwest. From October 2003 to September 2004, he served as Deputy Commander, U.S. Naval Forces Europe.

His personal awards include two Legion of Merit Awards, two Meritorious Service Medals, three Navy and Marine Corps Commendation Medals and two Navy and Marine Corps Achievement Medals.

Passmore is a captain with United Airlines.



*I must go down to the seas again  
To the lonely sea and the sky  
And all I ask is a tall ship  
And a star to steer her by!*

*"Sea Fever"*  
John Edward Masseyfield  
1878-1967  
poet, writer and poet laureate



# THE QUARTERDECK

## BIOGRAPHIES

### FORCM(SW) DAVID R. PENNINGTON

Navy Reserve Force Master Chief

Master Chief David R. Pennington was born in Gallion, Ohio, on 10 May 1958. He graduated from Jessamine County High School in Nicholasville, Ky., in 1976 and enlisted in the U. S. Navy in December of that year.

After completing Boot Camp in Great Lakes, Ill., and graduating from Personalman "A" School in Meridian, Miss., he was assigned to the "Sluggers" of VF-103 and completed three Mediterranean deployments onboard the USS Saratoga (CV-60). He separated from Active Duty and affiliated in the Naval Reserves with the USS Moinester (FF-1097) at the Naval Reserve Center, Lexington, Ky. It was there that he recalled to active duty in the Training and Administration of Reserve (TAR) Program in September 1981 and worked in the Manpower Department of Naval Reserve Center, Lexington, Ky., for four years.

His follow on assignments include the Charleston, S.C., representative to the Atlantic Fleet Naval Reserve Career Information Team (CARIT) where he was the East Coast Sailor of the Year for two consecutive years, the USS Samuel Eliot Morison (FFG-13) home ported in Charleston, S.C., where he earned his Enlisted Surface Warfare Insignia and was selected for advancement to chief petty officer, the Naval Air Reserve Center Barbers Point, Hawaii where he was advanced to senior chief petty officer, the Bureau of Naval Personnel (Pers-2) Washington, D.C., where he excelled as the

TAR Enlisted Strength Planner in the heart of the drawdown, U. S. Pacific Command (USPACOM) Camp Smith, Hawaii, as the first RLO where he was selected for Master Chief Petty Officer, E8-9 TAR Enlisted Detailer New Orleans, La., where he screened for Command Master Chief and detailed himself to be the Command Master Chief on the last of the class USS Frederick (LST-1184) home ported in Pearl Harbor, Hawaii. After Hawaii it was back to the states as Command Master Chief of Naval Air Station, Willow Grove, Pa.

Following selection by the Chief of Naval Reserve, Master Chief Pennington became the 12th Force Master Chief of the Naval Reserve Force.

Master Chief Pennington is authorized to wear the Defense Meritorious Service Medal, Navy Commendation Medal (4 awards) and the Navy Achievement Medal (4 awards). He has earned an associate degree with Excelsior College and is an honor graduate from the Senior Enlisted Academy, Newport, R.I., class of 61.



## NAVY SOUNDINGS

### TRADITIONS RUN DEEP

### THE SAILOR'S CREED

*I am a United States Sailor.*

*I will support and defend the  
Constitution of the United States of  
America and I will obey the orders of  
those appointed over me.*

*I represent the fighting spirit of Navy  
and those who have gone before  
me to defend freedom  
and democracy around the world.*

*I proudly serve my country's Navy  
combat team with  
honor, courage and commitment.*

*I am committed to excellence and  
the fair treatment of all.*



# NAVY RESERVE HISTORY

## MAIDEN VOYAGES

The United States Navy Reserve came into existence March 3, 1915. Its forerunner, The Naval Militia, dates from 1888 when Massachusetts organized a naval battalion as part of its militia. A year later, New York, Pennsylvania and Rhode Island organized naval militias. In 1891, the Office of Naval Militia was established. By 1897, 16 states had naval militia in one form or another.

Because of their colonial experience with the British professional armies, the early citizens of our country feared that a large full-time professional military force might be used by a strong central government to suppress their liberties. They preferred to rely on the part-time citizen soldier (the militia of the various states) for defense.

Officers and enlisted men from these militia served with the regular Navy in the Spanish-American War in 1898. In 1914, the Division of Naval Affairs took over the work of the Office of Naval Militia. In 1915, Congress passed legislation establishing a federal Naval Reserve.

By the end of World War I, about 30,000 Navy Reserve officers and 300,000 Navy Reserve enlisted people had served on active duty with the regular Navy at a wide variety of duty stations. About 75 percent of the officers and enlisted men who served on active duty with the Navy in World War II were Reservists. During the Korean conflict, about 25 percent of the Navy's personnel on active duty were Reservists. In 1961, 58 Naval Reserve ships and air squadrons were recalled to active duty for the Berlin crisis.

There was no large-scale mobilization of Navy Reservists for service in Vietnam. However, Navy Reserve personnel served on active duty in Vietnam. In 1968, eight mobile construction battalions (Seabees) and air squadrons were recalled to active duty for one year.

Operations *Desert Shield*, *Desert Storm*, and *Iraqi Freedom* again gave dramatic evidence of the commitment and capability of the Navy Reserve Force as more than 20,000 members from all communities were mobilized in support of combat and combat service support operations.

In the wake of 9/11, more than 26,500 Navy Reservists have been recalled to active-duty under the congressionally approved "partial mobilization," which authorizes the President to recall up to 1,000,000 Reservists for up to 24 months of service. Today, over 60 percent of all U.S. personnel serving in the Central Command (CENTCOM) theater of operations are Reservists (representing each of the services). At any given time, nearly 28 percent of the Navy Reserve Force is on some form of active-duty operational support orders, seamlessly serving alongside regular military service members, coalition partners and DoD civilians.

As the Navy continues to align and transform its service to enhance warfighting wholeness and defeat the 21st Century enemies of freedom, the men and women of the Navy Reserve are proud and honored to "Re-Serve" our country.



*Almanac Illustrations by  
Frank Gehwin &  
Bryan Bardsley*



# THE U.S. NAVY

## SERVICE AT EVERY LEVEL

### OPERATIONAL SUPPORT TO THE FLEET (as of November 2005)

There were 21,456 Navy Reservists serving on operational orders. That means about 28 percent of the total Navy Reserve force is providing fleet support through a variety of orders. Here's a breakdown.

<b>INACTIVE DUTY TRAINING (IDT):</b>	4,253
<b>FULL TIME SUPPORT (FTS):</b>	13,392
<b>PRESIDENTIAL RESERVE CALL-UP (PRC):</b>	5
<b>ON ACTIVE DUTY (MOB):</b>	4,096
<b>ACTIVE DUTY SPECIAL WORK (ADSW):</b>	860
<b>ANNUAL TRAINING (AT):</b>	1,838
<b>ACTIVE DUTY FOR TRAINING (ADT):</b>	680



The United States Navy has accomplished much in its proud and storied history. However, nothing can be done without the hard-working Sailors who make us up. Here is a break down of the U.S. Navy Sailors.

### ACTIVE COMPONENT

Officers - 53,908  
Enlisted - 319,601  
Midshipmen - 4,301  
Total - 361,899 (As of as of November 2005)

### RESERVE COMPONENT

Officers - 1,713  
Enlisted - 12,859  
Total - 14,572

### DRILLING SELECTED RESERVE

Officers - 17,328  
Enlisted - 56,013  
Total - 73,341

### INDIVIDUAL READY RESERVE

Officers - 14,120  
Enlisted - 66,421  
Total - 80,541  
Includes 3,623 Drilling VTU Members.  
Officer - 2,453  
Enlisted - 2,807

### STANDBY RESERVE

Officers - 5,329  
Enlisted - 321  
Total - 5,659

### RETIRED RESERVE

Officers - 81,906  
Enlisted - 383,668  
Total - 465,574  
Includes 81,223 Enlisted Fleet Reservists



Seaman Stuart Jones  
*U.S. Navy photo by  
Hospital Corpsman 1st Class  
Dwayne Snader*

Boatswain's Mate 1st Class Conrad Mathis

*U.S. Navy photo by  
Photographers Mate  
Phillip A. Nickerson Jr.*



Aviation Boatswain's Mate 3rd Class Alyssia Schnauer

*U.S. Navy photo by  
Photographers Mate 3rd Class  
Randall Damm*




Lt. Cmdr. Orbito I. Patangan

*U.S. Navy photo by  
Photographers Mate Airmen  
Lawrence J. Davis*



# THE FLEET

## SHIPS & SUBMARINES



	SHIP BATTLE FORCES	LOCAL DEFENSE AND SUPPORT FORCES	ACTIVE IN COMMISSION
<b>TOTALS</b>	<b>280</b>	<b>135</b>	<b>278</b>
<b>AIRCRAFT CARRIERS</b>	<b>12</b>		<b>12</b>
<b>BALLISTIC MISSILE SUBMARINES</b>	<b>14</b>		<b>14</b>
<b>GUIDED MISSILE SUBMARINES</b>	<b>4</b>		<b>4</b>
<b>SURFACE COMBATANTS</b>	<b>91</b>		<b>92</b>
<b>NUCLEAR ATTACK SUBMARINES</b>	<b>54</b>		<b>54</b>
<b>EXPEDITIONARY WARFARE SHIPS</b>	<b>36</b>		<b>37</b>
<b>COMBAT LOGISTICS SHIPS</b>	<b>30</b>		<b>36</b>
<b>SUPPORT/MINE WARFARE SHIPS</b>	<b>25</b>	<b>54</b>	<b>1</b>
<b>ACTIVE RESERVES</b>	<b>14</b>	<b>9</b>	<b>28</b>
<b>STRATEGIC SEALIFT</b>		<b>72</b>	



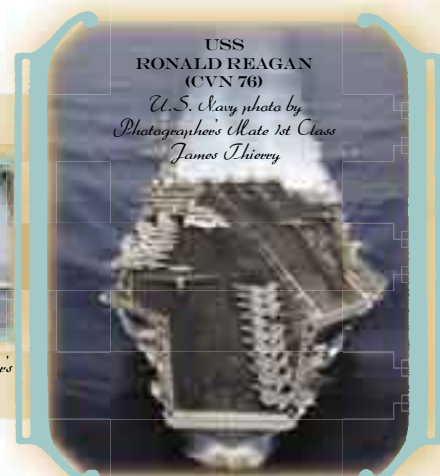
List provided by Chief of Navy Information  
[www.chinfo.navy.mil/navpalib/ships/lists/shipalfa.html](http://www.chinfo.navy.mil/navpalib/ships/lists/shipalfa.html)

<b>AIRCRAFT CARRIERS</b>	CV, CVN
<b>EXPEDITIONARY</b>	LCC, LHA, LPD, LSD
<b>SURFACE COMBATANTS</b>	CG, DD, DDG, FFG
<b>MINE WARFARE</b>	MCM, MHC
<b>PATROL CRAFT</b>	PC
<b>SUBMARINES</b>	SSBN, SSGN, SSN
<b>AUXILIARY</b>	AE, AFS, AG, AGER, AGF, AGM, AGOS, AGOS, AGS, AGSS, AH, AK, AKE, AKR, AO, AOE, AOE, AOT, ARC, ARS, AS, ATF, AVB, DSRV, LSV, NR-1
<b>OTHERS</b>	USS CONSTITUTION

USS  
CROMMELIN  
(FFG 37)



U.S. Photo by Photographer's  
Mate 2nd Class  
Dennis C. Cantrell





# NAVAL AIR FORCE RESERVE

## AIRCRAFT

The United States Naval Air Force Reserve is ranked among the best and most capable Air Forces in the world. Its 33 squadrons are equipped with the most modern aircraft and technology including the F/A-18 Hornet, EA-6B Prowler, HH-60 Seahawk, P-3C (Update III) Orion, the C-130T transport and E-2C, C-40, C-9, among others.

### SQUADRONS

### NICKNAME

### LOCATION

HC-3	Pack Rats	North Island, Calif.
HC-85	Golden Gators	North Island, Calif.
HCS-4	Redwolves	Norfolk, Va.
HCS-5	Firehawks	North Island, Calif.
HM-14	Vanguard	Norfolk, Va.
HM-15	Blackhawks	Corpus Christi, Texas
HS-75	Emerald Knights	Jacksonville, Fla.
HSL-60	Jaguars	Mayport, Fla.
VAQ-209	Star Warriors	Washington, D.C.
VAW-77	Nightwolves	Atlanta, Ga.
VFA-201	Hunters	Fort Worth, Texas
VFA-204	River Rattlers	New Orleans, La.
VFC-12	Fighting Omars	Oceana, Va.
VFC-13	Fighting Saints	Fallon, Nev.
VP-62	Broad Arrows	Jacksonville, Fla.
VP-65	Tridents	Point Mugu, Calif.
VP-66	Liberty Bells	Willow Grove, Pa.
VP-69	Totems	Oak Harbor, Wa.
VP-92	Minutemen	Brunswick, Maine
VP-94	Crawfishers	New Orleans, La.
VR-1	Star Lifters	Washington, D.C.
VR-46	Eagles	Atlanta, Ga.
VR-48	Capitol Skyliners	Washington, D.C.
VR-51	Windjammers	Kaneohe Bay, Hawaii
VR-52	Taskmasters	Willow Grove, Pa.
VR-53	Capital Express	Washington, D.C.
VR-54	Revelers	New Orleans, La.
VR-55	Minutemen	Point Mugu, Calif.
VR-56	Globemasters	Norfolk, Va.
VR-57	Conquistadores	San Diego, Calif.
VR-58	Sunseekers	Jacksonville, Fla.
VR-59	Lonestar Express	Fort Worth, Texas
VR-61	Islanders	Oak Harbor, Wa.
VR-62	Nor' Easter	Brunswick, Maine
VR-64	Condors	Willow Grove, Pa.





# NAVAL AIR FORCE RESERVE

## AIRCRAFT OF COMMISSIONED UNITS

### TRAINING SUPPORT AUGMENT UNITS

#### SQUADRON

#### LOCATION

VS-41	San Diego, Calif.
VT-7/9	Meridian, Miss.
VT-21/22	NAS Kingsville, Texas.
VT-27/28/31/35	Corpus Christi, Texas.
VT-2/3/6 HT-8/18	Milton, Fla.
VT-4/10/86	Pensacola, Fla.

F/A-18C Hornet  
"Hunters" (VFA-201)  
*U.S. Navy photo by Lt. Cmdr. Bob Bennet*



C-40A Clipper  
"Lonestar Express" (VR-59)  
*U.S. Navy photo by  
Journalist 3rd Class Ryan C. McGinley*



F-5E/F Tiger  
"Saints" (VFC-13)  
*U.S. Navy photo by Journalist 1st Class Trice Denny*



SH-60B Seahawk Helicopter  
"Jaguars" (HSL-60)  
*U.S. Navy photo by Photographer's Mate 1st Class Robert McRill*



### ASSETS OF COMMISSIONED UNITS

#### CARRIER AIR WING RESERVE (CVWR) 20

E-2C Hawkeye - 6  
EA-6B Prowler - 4  
F/A-18C Hornet - 35  
F-5E/F Tiger - 32

#### HELICOPTER WING RESERVE (HS/HSL/HC/HM)

HH-60H Sea Hawk - 14  
MH-53E Sea Stallion - 8  
SH-60B Sea Hawk - 6  
SH-60F Sea Hawk - 8  
UH-3H Sea King (Utility) - 8

#### RESERVE PATROL WING (VP)

P-3C Orion - 33

#### FLEET LOGISTICS SUPPORT WING (VR)

C-9B Skytrain II - 19  
C-12B King Air - 5  
C-20 D/G Gulfstream - 7  
C-37A Gulfstream - 1  
C-130T Hercules - 19  
C-40A Clipper - 7

Orion P-3C  
"Liberty Bells" (VP-66)  
*U.S. Navy photo by  
Journalist 2nd Class Mark C. Donald*





# NEW REQUIREMENTS, A FITTER NAVY

by Journalist Seaman Quinn Whisner

**N**ew physical readiness and training requirements are now in place to help Sailors along the path to being a fitter Navy family.

First up is a change already in effect. For Sailors who score an overall "outstanding" or "excellent" on the Physical Readiness Test (PRT), as well as no score below "good" on a single event, commanding officers are authorized to waive BCA criteria to a max of 26 percent for females, and 36 percent for males. Sailors are also required to be capable of presenting a professional military presence if waived.

As of June 2006, any person who fails the PRT three consecutive times will be administratively separated from the Navy. Until the deadline separations due to PRT failures will be at the discretion

of the respective commanding officers for those Sailors.

Both of these changes can be found in the OPNAVINST 6110.1H.

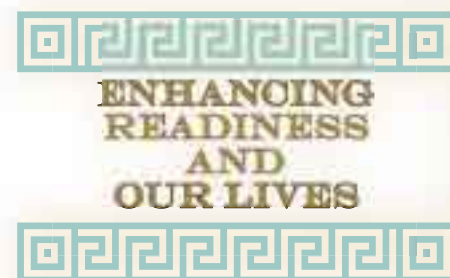
"The goal of these changes is to encourage healthy Sailors, and a healthier Navy. These changes will be a big benefit for our Navy family," said Personnelman 1st Class Judy Dabbs, a physical fitness coordinator of Commander, Navy Reserve Forces Command.

"We want people to get excited about getting, and staying, fit. Getting together as a command, and as a Navy is going to help everyone reach the ultimate goal of a fitter Navy," said Dabbs.

Families are encouraged to get in on the fun by planning group activities to promote physical fitness. Taking a hike, a bike ride or playing an outdoor sport are all ways for your Navy family to stay fit.

Sailors are also reminded of a few things to remember while conducting any type of physical exercise. Keep an eye on your heart rate! Know what range is healthy for you, and stay within the numbers. As always, drink plenty of water and don't forget to stretch out before any exercise.

For more information on the new regulations, Sailors are encouraged to contact their command fitness coordinators.



HEART RATE		
Age	Target Heart Rate Training Zone	Average Maximum Heart Rate
20	120-150 (20-25)*	200
25	117-146 (20-24)	195
30	114-142 (19-24)	190
35	111-138 (19-23)	185
40	108-135 (18-22)	180
45	105-131 (18-22)	175
50	102-127 (17-21)	170
55	99-123 (17-20)	165
60	96-120 (16-20)	160

\*Numbers in parentheses represents appropriate range for heart

## MAXIMUM ALLOWABLE BODY FAT PERCENTAGES

	Age in Years 17-39	Age in Years 40-40+
Male	22%	23%
Female	33%	34%

## POINT ASSIGNMENT

Category Level	Points
Outstanding-High	100
Outstanding-Medium	95
Outstanding-Low	90
Excellent-High	85
Excellent-Medium	80
Excellent-Low	75
Good-High	70
Good-Medium	65
Good-Low	60
Satisfactory-High	55
Satisfactory-Medium	50
Probationary	45

## POINT DETERMINATION (I.E. FEMALE, AGE 25)

Event	Event Performance	Performance Category-Level	Points
Curl Ups	91	Excellent High	85
Push Ups	26	Good Medium	65
Run	15:23	Satisfactory High	55

## FEMALE, AGE 25

- Step 1. Determine points for each event.  
 Step 2. Add points for individual events.  
 $85 + 65 + 55 = 205$  points.  
 Step 3. Divide total points by three.  
 $205 \text{ divided by } 3 = 68.3$ .  
 Step 4. Assign performance category-level. (Category-level is not achieved unless average equals or exceeds points corresponding to category-level.) 68 points equals "Good Medium".



# TASK FORCE NAVY FAMILY

by Task Force Navy Family Public Affairs

**S**tarting with Hurricane Katrina on Aug. 31st, the southeast United States had a barrage of natural disasters with which to contend. Hurricanes Katrina, Rita and Wilma impacted more than 75,000 Sailors, civilians, retirees and their families.

On Sept. 19th, the Chief of Naval Operations, Adm. Mike Mullen, established Task Force Navy Family (TFNF) to ensure every Navy family member, which includes active duty and reserve Navy members, Navy civilians, retirees and their families, has a plan for recovery.

Naval Personnel Command developed a set of "Katrina/Rita/Wilma Family Support Registration" links in BUPERS Online to facilitate a rapid and coordinated return to a stable environment for Navy Family members adversely impacted by the hurricanes.

This registration takes into account 11 areas of need by affected Navy family members. The registry is still available for all affected Navy family members online at BUPERS Online (BOL) or by calling the toll free number 877-414-5358.

TFNF gathered Subject Matter Experts (SME) from each of these 11 areas in order to properly address each aspect of their lives.

As of Nov. 17th, the following is the current status in each of the 11 areas of the Bupers register self assessment: Initially, full accounting of affected Navy Families.

The mission of the CSCs is to return every person and family to a stable environment. To that end, the CSCs have case managers on staff to advocate and support personnel and families on the wide range of issues and challenges they face. They provide referrals, assist with forms, break down barriers, broker agreements with other organizations on behalf of families and provide follow up and support to the members and families until issues are resolved.

## TEMPORARY HOUSING FOR NAVY FAMILY

TFNF is providing temporary housing, both in the affected area and in safe havens sites, for all Navy personnel and family members until permanent housing can be restored. The local bases have a list of lodging and temporary housing assets that can be made available for use.

Access to health care services Navy personnel and families have experienced some issues accessing primary and specialty care. TFNF is coordinating with the TRICARE/Managed Care Support Contractor (MCSC) to provide healthcare where needed. TFNF is also evaluating medical capabilities for Navy Medical Treatment Facilities (MTF) to ensure resources are available to meet needs of affected families.

## ACCESS TO COUNSELING / PASTORAL CARE

After a trauma such as a

natural disaster, emotional, physical, mental, and behavioral symptoms often need the intervention of a clinical therapist. Fleet and Family Support Centers from around the country, including the impacted sites as well as the Save Haven sites, were provided supplement staff to assist contract counselors provided by OSD.

"The challenge is assessing and following the trends as more people come forward and are identified for help," said Capt. Jane Bingham, the counseling and pastoral care subject matter expert.

## ACCESS TO CHILD CARE

After the hurricanes, off-base child care is significantly less prevalent and many on-base facilities were damaged.

In New Orleans, the Family Housing and Youth Center is currently used for child care and there is no wait list. Additionally, for families moving back to the area, the base is constructing modular units for a Dec. 12th open date.

In Gulfport, construction is underway on a modular child development center and the previous child development center is being repaired. Currently, the chapel is serving as a temporary child development center.

Finally in Key West, which historically has had a low number of child care providers, the child development center is operational with additional caregiver support.

## EMPLOYMENT

## SUPPORT FOR FAMILY / CIVILIANS

TFNF is working towards an end state of all Navy civilian employees who wish to continue Navy employment return to work.

In Mississippi and Florida, most civilian employees are back to work.

In Pascagoula, Gulfport, Stennis, and Key West, all commands have returned to pre-hurricane duty locations. Some employees there are still working at alternate work locations or teleworking, and some are still in safe haven.

For New Orleans, many commands reconstituted at safe haven locations in Ft. Worth, Texas and Millington, Tennessee and employees are working there.

Forty six employees have requested assistance in finding Navy/DoD jobs elsewhere and the Department of the Navy Employment Information Center is providing priority consideration for these employees.

Navy families affected by Hurricanes Katrina, Rita and Wilma can obtain immediate personnel-related assistance through the Navy's toll free number, 877-414-5358, or obtain further information by visiting Task Force Navy Family Web site at [www.navy.mil/tfnf.html](http://www.navy.mil/tfnf.html).

Navy families can also contact the Task Force Navy Family Ombudsman Resource Center for questions or referrals relating to any needs as a result of Hurricanes Katrina, Rita or Wilma by calling 866-345-8179.



# TRICARE

## NAVY FAMILY HEALTH CARE

### TRICARE RESERVE SELECT (TRS)

TRICARE Reserve Select is a new premium-based TRICARE health plan offered for purchase by certain members and former members of the Reserve Component (RC) and their families, if specific eligibility requirements are met.

TRS coverage is available to eligible RC members who were called or ordered to active duty, under Title 10, in support of a contingency operation on or after September 11, 2001. RC Members and their Reserve Component unit will need to agree for the member to stay in the Select Reserve for one or more whole years to qualify.

TRS coverage must be purchased. TRS members pay a monthly premium for health care coverage (for self-only or for self and family). TRS premiums are adjusted Jan 1st each year.

#### THE PREMIUMS FOR CALENDAR YEAR 2005 ARE:

\$75.00 for TRS member-only coverage

\$233.00 for TRS member and family coverage

#### THE PREMIUMS FOR CALENDAR YEAR 2006 ARE:

\$81 for TRS member-only coverage

\$253 for TRS member and family coverage

Since TRS premiums are paid in advance, the December 2005 payment will reflect the rate change.

#### WEST

San Diego, Calif.

(TriWest Healthcare Alliance Corp)

1-888-874-9378

trowest@tma.osd.mil

#### SOUTH

San Antonio, Texas

(Humana Military Healthcare Services)

1-800-444-5445

TROSouthCS@tros.tma.osd.mil

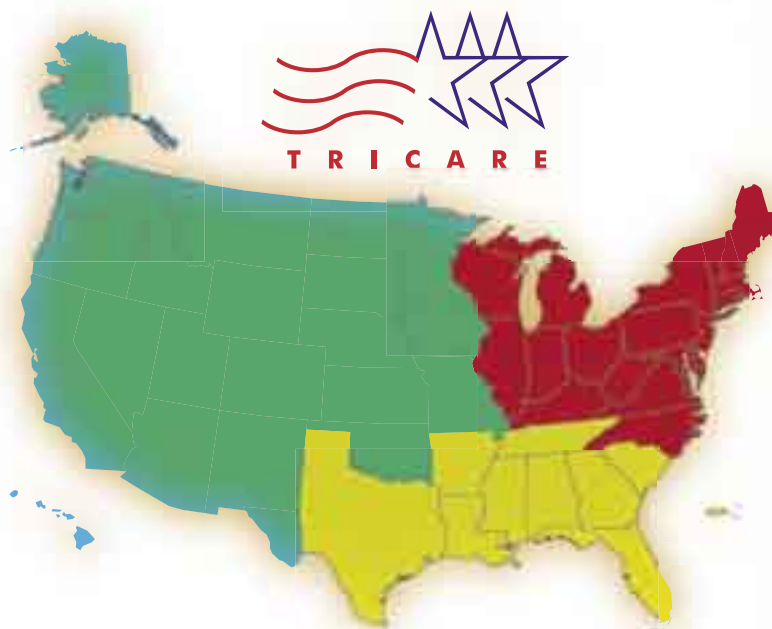
#### NORTH

Washington, D.C.

(Health Net Federal Services)

1-877-874-2273

tronorth@tma.osd.mil



### TRICARE PRIME REMOTE QUESTIONS

(For those residing greater than 50 miles from a MTF)

1-888-DoD-CARE

1-888-363-2273

### TRICARE ELIGIBILITY QUESTIONS

DMDC Support Office: 1-800-538-9552

1-877-363-6337

### TRICARE DENTAL PROGRAM

1-800-866-8499

### PHARMACY QUESTIONS

1-877-DoD-MEDS

Tricare, which was formally organized into 12 regions, has now merged into three regions and three contractors resulting in better customer service, improved portability and access to quality health care. The map (above) is provided as a guideline to identify the service area.

For more detailed information:

[www.tricare.osd.mil](http://www.tricare.osd.mil)

[www.tricareonline.com](http://www.tricareonline.com)

[www.trdp.org](http://www.trdp.org)

# HAVE YOU CONSIDERED OUR NAVY RESERVE?

by CFFC, FLTCM(AW/SW) Jon R. Thompson

If you think what I'm about to tell you sounds like an advertisement, you're right on the money. Here goes: If you're thinking about leaving active duty anything short of a career, you need to consider the Navy Reserve. Pretty simple huh? Just because you leave active duty doesn't mean you have to sever all ties with the Navy. I'm going to give you a few great reasons why the Navy Reserve might be a perfect fit in your life after active duty.

Before I tell you why you need to consider the Navy Reserve, however, I want you to think about why you are thinking about leaving active duty? If you're like most of the Sailors I talk to, it's either because you desire to go to school full time, or you don't want to deal with long separations from your families. I certainly understand that. Active duty Navy life is demanding and while some find this lifestyle attractive, some of you may decide civilian life is more attractive. Nonetheless, I suspect many of you may not be aware that leaving the Navy doesn't have to mean a complete divorce from our sea service. Your decision doesn't need to be all or nothing.

In case you don't know the numbers, the Navy Reserve represents 20 percent of the Navy's total assets. The Navy Reserve is a full partner with the Navy's active duty component, performing incredible work in every corner of our Navy. Today, more than 4,500 Navy Reservists are mobilized

around the globe in support of the Global War on Terrorism and other important missions. You could be a part of that team and serving as a Navy Reservist could give you the best of both worlds - work as a civilian and also serve in the Navy.

Here are some of the top reasons you should consider joining the Navy Reserve when you leave active duty:

## **DRILL PAY:**

You will receive four days of base pay for every two days of weekend drilling. You also receive full pay and allowances for meals and housing during your two-week Annual Training.

## **RETIREMENT:**

You will become eligible for retirement pay at age 60, following 20 years of credible service (active duty combined with Reserve). Think about this for a moment. We all want to believe we'll be financially set at age 60. However, how sure are you? If you have eight years of active service, and you do 12 years of Reserve service, you would be eligible to draw retirement pay at age 60. That's not a bad trade off in my opinion.

## **PROMOTIONS:**

As a Reservist, you will receive ample opportunities for advancement. It's very much the same as when you are on active duty, other than Reservists compete against other Reservists.

## **TRAVEL:**

Depending on the unit you affiliate with, you may have the opportunity to travel to some great places in the world to perform your Annual

Training. Many Reservists love the Navy Reserve for this reason alone.

I could go on and on about all the benefits, but I want you to consider another factor that might help you at least look into the Navy Reserve. Have you considered that maybe you will leave the Navy, and then, after spending some time in the civilian job market, might decide you miss the Navy and want to come back onto active duty? Sound odd? Well, it just so happens that more people return to active duty than you may imagine. It's a very common occurrence.

If you are a Navy Reservist, the path back to active duty is easier than if you are not a Reservist. But, here's the biggest financial benefit. Say for instance you have five years of active duty, then leave active duty and join the Navy Reserve and spend five years in the Reserve. Then, you decide to come back on active duty. When you return to active duty you would have accumulated five years of active duty (from before), but will be paid as an E-5 over 10 years because your Pay Entry Base Date incorporates each good Reserve year. How does that help you? Well, look at the pay charts...I think it's obvious. You get monetary credit for your Reserve years. For many, that means they return to active duty without losing anything, financially speaking.

I have two challenges I'd like to offer. The first is for any of you who might be thinking of leaving the Navy. Make sure you talk

with your career counselor about the Navy Reserve before you depart active duty. You should also be briefed at TAP. I also challenge you to contact a Navy Recruiter immediately after you depart the Navy to learn more. If you choose to join the Navy Reserve within 90 days of leaving active duty, all your current paperwork and medical information is current and the process is quick and easy. Beyond 90 days you will need a new physical and there's more paperwork...but nonetheless, it's still pretty simple.

My other challenge is to all of you who lead Sailors. You should help ensure all the Sailors that work for you are provided information about the Navy Reserve. It is your job. In a sense, we are all career counselors. None of us should consider the command, department or division career counselor the end all source of information. It's my opinion that the best career counselors are leaders who genuinely take an interest in their people. You don't need to have the title of career counselor to provide solid career advice.

Shipmates, there's a phrase many Reservists cling to that I particularly like. May consider Reservists 'twice a citizen' - meaning they serve their employer and they serve their country at the same time. My hat is off to Navy Reservists. They add much to our Navy and I can't think of a better way to continue your affiliation with the Navy then to join the Navy Reserve.

*Good luck Shipmates!*





ABOVE:

New Orleans  
Sept. 22, 2005

U.S. Navy Equipment Operator  
3rd Class Slade Miller, assigned  
to Naval Mobile Construction  
Battalion Four Zero removes  
water damage from the ceiling in  
Saint Rosalie School.

*U.S. Navy photo by  
Photographer's Mate 3rd Class  
John P. Curtis*



ABOVE:

Cameron, La.  
Sept. 28, 2005

Volunteers with the Texas  
Marine Mammal Stranding  
Network catch a 7-foot,  
400-pound dolphin that  
was stranded in a ditch near  
South Cameron High School  
after Hurricane Rita.

*U.S. Coast Guard photo by  
Petty Officer 2nd Class  
Andrew Kendrick*

BELOW:

Indian Ocean  
Mar. 14, 2005

Hospital Corpsman 3rd  
Class Angela Bell, center,  
and Hospital Corpsman  
2nd Class Eban Sanchez  
transport a patient aboard  
the USNS Mercy (T-AH 19)  
to the Casualty Reception  
Staging Area as he awaits  
his helicopter flight back  
to Banda Aceh, Sumatra,  
Indonesia, upon discharge in  
support of Operation Unified  
Assistance.

*U.S. Navy photo by  
Photographer's Mate 2nd Class  
Jeffery Russell*



CENTER BOTTOM:

Norfolk, Va  
Oct. 20, 2005

Boatswain's Mate  
Seaman Marlon Dribble  
directs Boatswain's 2nd  
Class Joe Weber as he  
organizes supplies for  
the USS Nashville (LPD  
13) Hurricane Wilma's  
relief efforts.

*U.S. Navy photo by  
Journalist Seaman  
Davis J. Anderson*





RIGHT:

New Orleans  
Sept. 7, 2005

U.S. Navy Aviation Warfare Systems Operator 2nd Class Kevin Parrish, assigned to the "Emerald Knights" of Helicopter Anti-Submarine Squadron Seven Five, looks out across an airfield shortly after rescuing New Orleans residents from their flooded homes, caused by Hurricane Katrina.

*U.S. Navy photo by  
Photographer's Mate 3rd Class  
Ryan O'Connor*



LEFT:

Everett, Wash.  
Mar. 4, 2005

Airman Luis Badillo mans the rails aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) as the ship returns home to Naval Station Everett, Wash., following a successful deployment supporting Operation Unified Assistance.

*U.S. Navy photo by  
Photographer's Mate 3rd Class  
James R. McGarry*

RIGHT:

Northern Pakistan  
Oct. 17, 2005

Pakistani soldiers unload relief supplies from Helicopter Mine Countermeasure Squadron Fifteen MH-53E Sea Stallion helicopter in Northern Pakistan, assisting the devastating Oct. 8 earthquake relief efforts.

*U.S. Navy photo by  
Photographer's Mate 3rd Class  
James R. McGarry*



LEFT:

Pass Christian, Miss.  
Oct. 26, 2005

Machinist Mate Fireman Andrew Westermire, assigned to the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74), help locals clear their driveway of debris left by Hurricane Katrina.

*U.S. Navy photo by  
Photographer's Mate  
3rd Class  
Jon Hyde*



U.S. NAVY'S  
WORLDWIDE  
*Humanitarian Relief*  
2005





## NAVY COMPONENT COMMANDS AND NUMBERED FLEETS

The map depicts the Unified Commands having geographic areas of responsibility. The Navy supports those regional Unified Commands with component and numbered fleets.

Not depicted are the four functional Unified Commands:

- U.S. Joint Forces Command (USJFCOM)
- U.S. Special Operations Command (USSOCOM)
- U.S. Transportation Command (USTRANSCOM)
- U.S. Strategic Command (USSTRATCOM)

### U.S. PACIFIC COMMAND (USPACOM)

#### U.S. PACIFIC FLEET

*Headquarters:* Pearl Harbor, Hawaii

*Mission:* Commander, U.S. Pacific Fleet (COMPACFLT), operates in support of the USPACOM Theater Security Strategy, and provides interoperable, trained and combat-ready naval forces to Commander, USPACOM and other U.S. combatant commanders, as required. In addition to these traditional Title X responsibilities, COMPACFLT has an increasing operational role as Commander, Joint Task Force 519. This mission requires COMPACFLT to not only maintain the training and readiness of the Joint Task Force headquarters staff, but also command the joint force during times of conflict, crisis or war.



### U.S. EUROPEAN COMMAND (USEUCOM)

#### U.S. NAVAL FORCES EUROPE (COMUSNAVEUR)

# COMMANDS



## U.S. CENTRAL COMMAND (USCENTCOM)

### U.S. NAVAL FORCES CENTRAL COMMAND



## U.S. SOUTHERN COMMAND (USSOUTHCOM)

### U.S. NAVAL FORCES SOUTHERN COMMAND

*Headquarters:* Mayport, Fla.

*Mission:* As the naval component to U.S. Southern Command, Commander, U.S. Naval Forces Southern Command (COMUSNAVSO) has charge of U.S. naval forces and interacts with partner nations to shape the environment within SOUTHCOM's area of responsibility by developing and executing security cooperation initiatives and conducting counter-drug operations to promote democracy, stability and collective approaches to regional security. When required, COMUSNAVSO responds to crisis to maintain regional stability and protect U.S. national interests, and prepares to meet future hemispheric challenges.

*AO:* Nearly 16 million square nautical miles of ocean in the Caribbean, eastern Pacific and southern Atlantic, in addition to 30 nations, and 12 dependencies totaling 1/6 of the world's landmass.

## U.S. NORTHERN COMMAND (USNORTHCOM)

### U.S. FLEET FORCES COMMAND

*Headquarters:* Norfolk, Va.

*Mission:* Commander, U.S. Fleet Forces Command (CFFC) organizes, mans, trains and equips naval forces for assignment to combatant commanders; and articulates fleet war-fighting and readiness requirements to the Chief of Naval Operations. CFFCs responsible for the overall coordination, establishment and implementation of requirements and policies for manning, equipping and training Atlantic and Pacific Fleet units during their inter-deployment training cycle. In addition to commanding the former U.S. Atlantic Fleet, CFFC serves as Naval Component Commander for U.S. Joint Forces Command, U.S. Strategic Command and U.S. Northern Command.



## U.S. NAVY PAY CHART

2006

	YEARS OF SERVICE														
Pay Grade	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
COMMISSIONED OFFICERS															
O-10	0	0	0	0	0	0	0	0	0	0	0	12,818.70	12,818.70	12,818.70	12,818.70
O-9	0	0	0	0	0	0	0	0	0	0	0	11,689.50	11,857.50	12,101.10	12,525.60
O-8	8,271.00	8,541.90	8,721.60	8,772.00	8,996.10	9,371.10	9,458.10	9,814.20	9,916.20	10,222.80	10,666.20	11,075.40	11,348.70	11,348.70	11,348.70
O-7	6,872.70	7,191.90	7,339.80	7,457.10	7,669.80	7,879.50	8,122.50	8,364.90	8,607.90	9,371.10	10,015.80	10,015.80	10,015.80	10,015.80	10,066.50
O-6	5,094.00	5,596.20	5,963.40	5,963.40	5,985.90	6,242.70	6,276.60	6,276.60	6,633.30	7,263.90	7,634.10	8,004.00	8,214.60	8,427.60	8,841.30
O-5	4,246.50	4,783.68	5,115.00	5,177.10	5,383.50	5,507.40	5,779.20	5,978.70	6,236.10	6,630.60	6,818.10	7,003.80	7,214.40	7,214.40	7,214.40
O-4	3,663.90	4,241.40	4,524.30	4,587.60	4,850.10	5,131.80	5,482.20	5,755.80	5,945.40	6,054.30	6,117.60	6,117.60	6,117.60	6,117.60	6,117.60
O-3	3,221.40	3,651.90	3,941.70	4,297.50	4,503.00	4,728.90	4,875.30	5,115.90	5,240.70	5,240.70	5,240.70	5,240.70	5,240.70	5,240.70	5,240.70
O-2	2,783.10	3,170.10	3,651.00	3,774.30	3,852.00	3,852.00	3,852.00	3,852.00	3,852.00	3,852.00	3,852.00	3,852.00	3,852.00	3,852.00	3,852.00
O-1	2,416.20	2,514.60	3,039.60	3,039.60	3,039.60	3,039.60	3,039.60	3,039.45	3,039.45	3,039.45	3,039.60	3,039.60	3,039.60	3,039.60	3,039.60
COMMISSIONED OFFICERS WITH MORE THAN FOUR YEARS ENLISTED OR WARRANT OFFICER ACTIVE-DUTY SERVICE															
O-3E	0	0	0	4,297.50	4,503.00	4,728.90	4,875.30	5,115.90	5,318.40	5,434.50	5,592.90	5,592.90	5,592.90	5,592.90	5,592.90
O-2E	0	0	0	3,774.30	3,852.00	3,974.70	4,181.40	4,341.60	4,460.70	4,460.70	4,460.70	4,460.70	4,460.70	4,460.70	4,460.70
O-1E	0	0	0	3,039.60	3,246.30	3,366.00	3,488.70	3,609.30	3,774.30	3,774.30	3,774.30	3,774.30	3,774.30	3,774.30	3,774.30
WARRANT OFFICERS															
W-5	0	0	0	0	0	0	0	0	0	0	0	5,720.10	5,916.30	6,113.10	6,311.10
W-4	3,328.80	3,581.10	3,684.00	3,785.10	3,959.40	4,131.30	4,305.90	4,475.70	4,651.50	4,927.20	5,103.60	5,276.10	5,454.90	5,631.00	5,811.00
W-3	3,039.90	3,166.80	3,296.40	3,339.30	3,475.50	3,631.50	3,837.30	4,040.40	4,256.40	4,418.40	4,579.80	4,649.10	4,720.80	4,876.80	5,032.50
W-2	2,673.90	2,826.60	2,960.40	3,057.30	3,140.70	3,369.60	3,544.50	3,674.40	3,801.30	3,888.30	3,961.50	4,100.70	4,239.00	4,379.10	4,379.10
W-1	2,361.30	2,554.50	2,683.80	2,767.50	2,990.40	3,124.80	3,243.90	3,376.80	3,465.00	3,544.80	3,674.70	3,773.10	3,773.10	3,773.10	3,659.70
ENLISTED															
E-9	0	0	0	0	0	0	4,022.10	4,113.30	4,228.20	4,363.50	4,499.40	4,717.80	4,902.30	5,097.00	5,394.00
E-8	0	0	0	0	0	3,292.50	3,438.30	3,528.30	3,636.30	3,753.30	3,964.50	4,071.60	4,253.70	4,354.80	4,603.50
E-7	2,288.70	2,498.10	2,593.80	2,720.70	2,819.40	2,989.50	3,084.90	3,180.30	3,350.40	3,435.60	3,516.30	3,565.80	3,732.60	3,840.60	4,113.60
E-6	1,979.70	2,178.00	2,274.30	2,367.60	2,465.10	2,685.00	2,770.50	2,865.30	2,948.70	2,978.10	2,998.50	2,998.50	2,998.50	2,998.50	2,998.50
E-5	1,814.10	1,935.30	2,028.60	2,124.60	2,273.70	2,402.10	2,496.60	2,526.60	2,526.60	2,526.60	2,526.60	2,526.60	2,526.60	2,526.60	2,526.60
E-4	1,662.90	1,748.10	1,842.60	1,935.90	2,018.40	2,018.40	2,018.40	2,018.40	2,018.40	2,018.40	2,018.40	2,018.40	2,018.40	2,018.40	2,018.40
E-3	1,501.20	1,595.70	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00	1,692.00
E-2	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40	1,427.40
E-1	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50	1,273.50

E-1 with less than four months: 1,178.10

# U.S. NAVY RESERVE PAY CHART

## 2006

Pay Grade	YEARS OF SERVICE														
	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
COMMISSIONED OFFICERS															
O-10	0	0	0	0	0	0	0	0	0	0	0	1,709.16	1,709.16	1,709.16	1,709.16
O-9	0	0	0	0	0	0	0	0	0	0	0	1,558.60	1,581.00	1,613.48	1,670.08
O-8	1,102.80	1,138.92	1,162.88	1,169.60	1,199.48	1,249.48	1,261.08	1,308.56	1,322.16	1,363.04	1,422.16	1,476.72	1,513.16	1,513.16	1,513.16
O-7	916.36	958.92	978.64	994.28	1,022.64	1,050.60	1,083.00	1,115.32	1,147.72	1,249.48	1,335.44	1,335.44	1,335.44	1,335.44	1,342.20
O-6	679.20	746.16	795.12	795.12	798.12	832.36	836.88	836.88	884.44	968.52	1,017.88	1,067.20	1,095.28	1,123.68	1,178.84
O-5	566.20	637.82	682.00	690.28	717.80	734.32	770.56	797.16	831.48	884.08	909.08	933.84	961.92	961.92	961.92
O-4	488.52	565.52	603.24	611.68	646.68	684.24	730.96	767.44	792.72	807.24	815.68	815.68	815.68	815.68	815.68
O-3	429.52	486.92	525.56	573.00	600.40	630.52	650.04	682.12	698.76	698.76	698.76	698.76	698.76	698.76	698.76
O-2	371.08	422.68	486.80	503.24	513.60	513.60	513.60	513.60	513.60	513.60	513.60	513.60	513.60	513.60	513.60
O-1	322.16	335.28	405.28	405.28	405.28	405.28	405.28	405.26	405.26	405.26	405.28	405.28	405.28	405.28	405.28
COMMISSIONED OFFICERS WITH PRIOR SERVICE AS ENLISTED MEMBERS OR WARRANT OFFICERS															
O-3E	0	0	0	573.00	600.40	630.52	650.04	682.12	709.12	724.60	745.72	745.72	745.72	745.72	745.72
O-2E	0	0	0	503.24	513.60	529.96	557.52	578.88	594.76	594.76	594.76	594.76	594.76	594.76	594.76
O-1E	0	0	0	405.28	432.84	448.80	465.16	481.24	503.24	503.24	503.24	503.24	503.24	503.24	503.24
WARRANT OFFICERS															
W-5	0	0	0	0	0	0	0	0	0	0	0	762.68	788.84	815.08	841.48
W-4	443.84	477.48	491.20	504.68	527.92	550.84	574.12	596.76	620.20	656.96	680.48	703.48	727.32	750.80	774.80
W-3	405.32	422.24	439.52	445.24	463.40	484.20	511.64	538.72	567.52	589.12	610.64	619.88	629.44	650.24	671.00
W-2	356.52	376.88	394.72	407.64	418.76	449.28	472.60	489.92	506.84	518.44	528.20	546.76	565.20	583.88	583.88
W-1	314.84	340.60	357.84	369.00	398.72	416.64	432.52	450.24	462.00	472.64	489.96	503.08	503.08	503.08	487.96
ENLISTED															
E-9	0	0	0	0	0	0	536.28	548.44	563.76	581.80	599.92	629.04	653.64	679.60	719.20
E-8	0	0	0	0	0	439.00	458.44	470.44	484.84	500.44	528.60	542.88	567.16	580.64	613.80
E-7	305.16	333.08	345.84	362.76	375.92	398.60	411.32	424.04	446.72	458.08	468.84	475.44	497.68	512.08	548.48
E-6	263.96	290.40	303.24	315.68	328.68	358.00	369.40	382.04	393.16	397.08	399.80	399.80	399.80	399.80	399.80
E-5	241.88	258.04	270.48	283.28	303.16	320.28	332.88	336.88	336.88	336.88	336.88	336.88	336.88	336.88	336.88
E-4	221.72	233.08	245.68	258.12	269.12	269.12	269.12	269.12	269.12	269.12	269.12	269.12	269.12	269.12	269.12
E-3	200.16	212.76	225.60	225.60	225.60	225.60	225.60	225.60	225.60	225.60	225.60	225.60	225.60	225.60	225.60
E-2	190.32	190.32	190.32	190.32	190.32	190.32	190.32	190.32	190.32	190.32	190.32	190.32	190.32	190.32	190.32
E-1	169.80	169.80	169.80	169.80	169.80	169.80	169.80	169.80	169.80	169.80	169.80	169.80	169.80	169.80	169.80

E-1 with less than four months: 157.08



# RETIREMENT AND WHAT IT MEANS TO THE RESERVE SAILOR

by NCCM(AW/SW) Cynthia Blevins

**S**O, IF I DECIDE TO RETIRE, WHAT CAN I EXPECT FOR MONIES? HOW DO I KNOW THAT I HAVE A SATISFACTORY YEAR? HOW DO I EARN THE POINTS OVER TIME? WHAT IS THE FORMULA OR LOCATION TO HELP ME IDENTIFY MY POTENTIAL EARNINGS?

Ok, one question at a time!

Of course you must have 20 qualifying years of service. A qualifying year is the completion of a minimum of 50 points per anniversary year.

## AN ANNIVERSARY YEAR?

This is the date you entered the Navy Reserve. From that date forward, you need to be sure you have a satisfactory year which is the culmination of a minimum of 50 points.

## HOW DO I GET POINTS?

You automatically receive 15 gratuity points for being in the Reserves. The rest is up to you to complete - either drilling your 2 days per month and completing your annual training, and/or completing correspondence courses should you miss a drill - or to earn extra points for the year. However, the maximum number of in-active points you can earn in one year is 90.

So, I go off to assist in the Global War on Terrorism and have been gone for 180-days. Don't worry, each day is given to you as a point. Therefore you will earn 180 points plus whatever else you have completed throughout the year. These are active duty days, and therefore the 90 day maximum does not apply. For those of us who have active duty time, ALL of that counts as a day for day total towards your future retirement.

Ok, I now have a satisfactory 22 years, and would like to submit my paperwork for retirement.

## WHAT'S NEXT?

Your application is submitted by you via your chain of command. It is highly recommended you retrieve the latest and greatest current copy of your point capture sheet to be absolutely sure you have completed your time. The last thing you need to hear is that you need to complete another year because something was incorrect in your file. This will ensure you have all AT/ADSW/ Course work etc, is annotated and correct. Each point earned is more monies in your pocket later on. For access to your point capture sheet, log on to [www.bol.navy.mil](http://www.bol.navy.mil) and once logged in you should have access to your sheet. It is recommended is even though you are not ready for retirement, it is a great idea to validate your record each year.

## MY LETTER HAS BEEN SUBMITTED, NOW HOW DO I COMPUTE MY MONEY?

The basic formula to compute your potential income is fairly easy. You compute the total points earned over the your completed time of service with the following formula: points divided by 360 X .025 X base pay at age 60.

**EXAMPLE:** P=Points, BP=Base Pay

CPO with 22 years: (BP = 2005 dollars)

(P) = 7125

/360 = 19.79

19.79 x .025 = .494

.494 x 3620.40 = \$1791.34 per month at age 60

Of course, with the vast knowledge out there in the world of IT, we have a Reserve retirement pay calculator located at <http://www.npc.navy.mil/channels>. There is access to both the active pay calculator and the Reserve pay calculator. You will still need to know how many points you have and may earn to determine a guess-ta-ment for your potential earnings at age 60.

## NOW, ARE YOU READY?

## READY TO BE REWARDED FOR A PERIOD OF YOUR LIFE GIVEN TO THE SERVICE OF YOUR COUNTRY?

If you are, I thank you for all you have done. I am a true believer that you are my heroes, in that each of you have a full time job as well as a strenuous Military job. Thank you for a job well done!

Contact [cynthia.blevins@navy.mil](mailto:cynthia.blevins@navy.mil) for additional clarification.



# CAMPAIGN DRUG FREE

by Lt. j.g. Tay Brymer

**T**he battle against drugs is one the Navy continues to fight on the home front and the Navy Reserve is taking center stage in fighting this battle and winning the war on drugs with Campaign Drug Free (CDF).

In November 1992, CDF was launched as one of the Navy's five flagship programs with the Navy Reserve Force as the flagship sponsor to aide in fighting the war on drugs. The program's focus is on helping communities and schools educate youth on the dangers of drugs and substance abuse and the importance of being drug-free.

"CDF is a voluntary program where Sailors visit schools, churches and other community organizations and use professionally produced videotapes to convey a powerful anti-drug message to elementary, middle, and high school students," said Capt. Dennis E. Ahern, Campaign Drug Free national coordinator. "Following the main presentation, volunteers engage students in discussions challenging them to take charge of their lives and stay drug free. All volunteers for the program are screened and we accept only those who exemplify Navy core values."

According to the National Household Survey on Drug Abuse (NHSDA), "In 2001, an estimated 15.9 million Americans aged 12 or older were current illicit drug users and nearly one in five teens have used inhalants to get high. Inhaling household products can cause brain damage and sudden death, even the first time."

## THE CDF PROGRAM ENCOURAGES YOUTHS TO STAY OFF DRUGS BY PROVIDING ROLE MODELS TO EDUCATE ON THE DANGERS OF SUBSTANCE ABUSE.

With the Navy's zero tolerance policy, Sailors volunteering with CDF are excellent role models for today's youth and tomorrow's future," said Storekeeper 1st Class Nivea Estrada, New Orleans representative for CDF.

When the program began, Sailors reached out to nearly 8,000 youths. Today the program reaches over 24,000 per year and still growing expediently, said Ahern.

For fiscal year 2004, the Secretary of Defense recognized CDF for their efforts in drug demand reduction during the annual "Red Ribbon Week" at the Pentagon by presenting them with the Secretary of Defense Community Drug Awareness Award.

CDF received the award for efforts to educate more than 18,000 children during FY04 to the dangers drugs pose. They also set up a toll-free phone number so units can get the latest information and set up anti-drug presentations.

To join the fight in CDF's battle on drugs, call 1-800-554-4542 or log onto their Web site at campaign drug free. Together we can make a difference.



*U.S. Navy Photos by Photographer's Mate 2nd Class Kurt Eischen*



# A LOOK BACK IN HISTORY

## 40 YEARS AGO

- 1 USS Bristol (DD 857) stood by to supply power to New York City when an electrical failure blacked out much of the northeastern United States.
- 2 USS John R. Pierce (DD 753) took part in a search for a missing Argentine aircraft during the ACDUTRA cruise to Jamaica and Cuba.
- 3 John N. Waterloo, Radioman 2nd Class, USNR, of Fleet Division 9-4(S), Detroit, Mich., receives Naval Reserve Meritorious Service Ribbon from Lieutenant Commander James F. Hannigan, USNR, division commanding officer.
- 4 On patrol with S-2F Trackers of Weekend Warrior squadron VS-874, NARTU Alameda, Calif., pass over the Bay Bridge between San Francisco and Oakland.
- 5 A new nuclear submarine, USS Simon Bolivar (SSBN 641), is underway during her sea trials.



### THE NAVAL RESERVIST

BUREAU OF NAVAL PERSONNEL NAVPERS 15653 JANUARY 1966



#### Reserve SSO Search For Missing Plane

The Naval Reserve Training Group, which is based at the Naval Air Station, Alameda, Calif., is currently conducting a search for a missing Argentine aircraft during the ACDUTRA cruise to Jamaica and Cuba.

The search is being conducted by the Naval Reserve Training Group, which is based at the Naval Air Station, Alameda, Calif. The search is being conducted by the Naval Reserve Training Group, which is based at the Naval Air Station, Alameda, Calif.



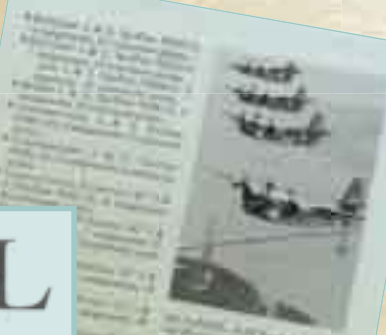
2

#### Missile Boat Doing Power Hike

The USS Bristol (DD 857) is currently conducting a power hike to supply power to New York City when an electrical failure blacked out much of the northeastern United States.

The USS Bristol (DD 857) is currently conducting a power hike to supply power to New York City when an electrical failure blacked out much of the northeastern United States.

1



4



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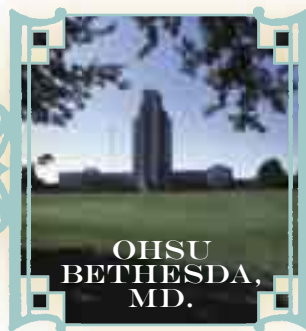
# MEDICAL

## THE FINEST TREATMENT IN THE FLEET

The Navy Reserve Medicine Team consists of over 7,700 members comprised of Doctors, Nurses and Hospital Corpsman possessing many different skill sets and specialties. Together the team provides the highest quality health care to the men and women assigned to the Navy and Marines and to eligible beneficiaries in peacetime and war. The highly trained Navy Reserve Medicine team provides mission critical support aboard Navy Reserve Ships, Naval Hospitals and with Fleet Hospitals as well as the Cargo and Construction Battalions and Air Squadrons. Navy Medicine is always in direct support of the Marines and consider it the highest of honors to have served with a group of highly trained and dedicated professionals. Navy Reserve Medicine is dedicated to Force Health Protection and operational readiness by sustaining medical readiness and continued active and Reserve integration. The Navy Reserve Medical Units are called Operational Health Support Units (OHSU's).

### MEDICAL TREATMENT FACILITIES (MTF'S)

OHSU Bethesda, Md.  
OHSU Bremerton, Wash.  
OHSU Camp Lejeune, N.C.  
OHSU Camp Pendleton, Calif.  
OHSU Dallas, Fort Worth, Texas  
OHSU Great Lakes, Ill.  
OHSU Jacksonville, Fla.  
OHSU Pensacola, Fla.  
OHSU San Diego, Calif.



All OHSU's have anywhere from 7 to 16 Detachment units each located throughout the U.S..

Additionally, Medical personnel are assigned to all Navy Squadrons and Marine Corps Aviation Wings, Marine Corps Divisions and Groups.



Ens. Frank Percy, right, works along side a medical student from University of Southern California Medical Center to remove jewelry from a patient before a Computerized Tomography (CT) scan.

*U.S. Navy photo by Journalist Seaman S. C. Zevin*



Navy medical personnel provide medical assistance to a simulated patient during exercise Lifesaver 2005.

*U.S. Air Force photo by Master Sgt. James M. Bowman*



# NAVY RESERVE INTELLIGENCE

## SUPPORTING THE FLEET



Intelligence Specialist  
3rd Class Alicia Bible

*U.S. Navy photo by  
Photographer's Mate 3rd Class  
Heather Hess*



Photographer's Mate  
Airman William Howell and  
Intelligence Specialist 3rd  
Class Charles Ruley

*U.S. Navy photo by  
Photographer's Mate 3rd  
Class William Hienbuch*

Intelligence Specialist  
1st Class Jason Oglesb

*U.S. Navy photo by  
Photographer's Mate 3rd  
Class William Hienbuch*



Naval Reserve intelligence professionals are on duty and serving worldwide in the Global War on Terrorism.

The mission of the Naval Reserve Intelligence Command (NRIC) is to integrate intelligence with operations to defend our nation and enable Navy and Joint forces to dominate the battle space. The NRIC vision is to be the nation's expert in operational intelligence and knowledge of the maritime domain. Reserve intelligence professionals are committed to attracting, developing and inspiring exceptional leaders in Navy, Joint and National intelligence.

The goals of the Reserve intelligence community are to provide the highest quality capabilities and operational intelligence to the active forces; invest in Reserve Intelligence personnel by training to the same standard as the Active Component; expand the capability of the Reserve intelligence centers' equipment, connectivity, and building capacity to meet Sea Power 21 and Joint Vision 2020 goals; and recruit and retain top talent by providing a continuum of opportunities for individual growth and career development.

The Reserve intelligence community is comprised of 13 Reserve Intelligence Area commands with 78 Reserve Intelligence units. Although the NRIC comprises only 5 percent of the entire Naval Reserve force, it represents approximately 10 percent of overall Navy Reserve mobilizations to date.

More than 4,000 citizen Sailors in the Naval Reserve intelligence community are working for over 100 Navy and Joint Supported Commands. For the ninth straight year since 1996, the average number of days of duty per Reserve intelligence professional has continued to far exceed the minimum Reserve requirements.

In 2004, intelligence professionals averaged 68 days of active duty, more than twice the number of reserve duty days required. The high-demand tempo of support for active-duty commands has continued since 2001. More than 40 percent of the Reserve intelligence community has been mobilized since September 11, 2001 in support of over 100 Navy and Joint Commands.

The NRIC's contribution in 2004 was 828 fulltime personnel, representing a 22 percent surge with reserve assets in Navy intelligence capabilities. Forward commands are able to "reach back" to personnel on station at one or more of these joint centers for intelligence production and support. Significant site improvements have been made at all eight of the Navy's JRICs: Buckley, Colo.; Detroit; Fort Worth, Texas; Jacksonville, Fla.; Memphis; Minneapolis; New Orleans and San Diego. Fifty percent of Navy Reserve intelligence personnel perform drills and active duty training at 20 of the 27 JRICs. These state-of-art fully operational and secure facilities capitalize on virtual technological capabilities in collaborative intelligence environments.

The Navy's Reserve intelligence community strengthened its ties to its active component in 2004 when the Commander, Naval Reserve Intelligence Command reported on an additional duty basis to the Commander, Fleet Forces Command. This alignment enhances pre-existing reporting relationships with the Commander, Naval Reserve Forces Command, and the Chief of Naval Operations Director of Naval Intelligence.

Whether mobilized at sea or in theater, whether stateside or overseas, or performing drills at Reserve centers across the nation, Naval Reserve intelligence professionals perform a multitude of intelligence tasks.

Moreover, our combined community management, human capital strategy, integrated training, and strategic planning have set the stage for the dynamic support needed to win the Global War on Terror and monitor other threats to our national security.

# NAVAL COASTAL WARFARE

## SURFACE/SUBSURFACE

The roots of today's Naval Coastal Warfare (NCW) go back to Vietnam. Inshore Undersea Warfare Group 1, as part of the Republic of Vietnam Coastal Surveillance Force, provided a Western Pacific Detachment that operated in the harbors of Vung Tau, Cam Rahn Bay, Qui Nhon, and Nha Trang in the 1960's. Their mission then was not much different than today as noted in their Meritorious Unit Commendation. "Although operating in an environment where the United States Navy had virtually no past experience, the detachment personnel were instrumental in denying enemy forces freedom of movement within assigned harbors."

Harbor Defense units detected, boarded, and searched large numbers of suspect junks and craft, contributing significantly to the curtailment of acts of sabotage and the flow of enemy supplies.

As the program developed into one of the premier Naval Reserve programs in the last decade, the mission evolved "...to provide surface and subsurface surveillance in littoral areas throughout the world. Their secondary mission capabilities include communications functions, command, and control. Naval Reserve Mobile Inshore Undersea Warfare (MIUW) units provide the sole capability for this mission within the United States Navy."

NCW Reservists have been so successful in proving their worth that the Navy is standing up eight active-duty NCW units to aid in force-protection missions. The new units, comprised of about 580 active-duty billets will be organized into squadrons based in San Diego and Norfolk.

Their overall mission, identical to what mobilized Reservists have been doing for the past 3 ½ years: defending ships and shore installations in a port, mainly from terrorist attack. The new NCW units will complement the Mobile Security Force and report to Surface Force Atlantic and Pacific respectively. Reserve NCW forces total about 3,500 billets in 45 units.

Set up on shore, the MIUW communicates with an Inshore Boat Unit (IBU), a unit consisting of six heavily armed patrol boats serving as an interdiction force for any identified threat. IBUs also coordinate their efforts with Coast Guard Port Security Units.

Since the attack on USS Cole (DDG 67), every unit within NCW Group 1 in San Diego and about 1,600 Reservists have been mobilized. About 250 of those drilling reservists have been mobilized many for more than two tours. The mission has become so critical that Commander, Fleet Forces Command has transitioned several former Reserve units to active-duty units. Today active and Reserve members of NCW continue to provide port protection and harbor defense in the Arabian Gulf and around the globe.



Gunner's Mate 1st Class Jimmy Seago, assigned to Mobile Inshore Undersea Warfare Unit One Zero Eight (MIUWU 108) mans an M-60 machine gun while patrolling the port of Ash-Shu'aibah, Kuwait.

*U.S. Navy photo by  
Journalist 3rd Class Eric L. Beauregard*



Mobile sensor platforms assigned to Mobile Inshore Undersea Warfare Unit Two Zero Six (MIUW 206) provide multiple methods of surveillance of the beach and water at Kuwait Naval Base.

*U.S. Navy photo by  
Journalist 2nd Class Wes Epton*



Sailors assigned to Inshore Boat Unit Two Four (IBU-24) conduct a security patrol in the waters near Kuwait Naval Base.

*U.S. Navy photo uncredited*



# EXPLOSIVE ORDNANCE DISPOSAL

## HAVING A BLAST

One of the smallest and most specialized communities within the Naval Reserve is that of the NRF Explosive Ordnance Disposal Mobile Units (EODMU). These highly skilled Reservists provide several niche capabilities including force protection diving and underwater ordnance location, mobile communications, side-scan sonar and combat service support. Close management and oversight of the reserve EOD program by their Active Component counterparts have led to superb example of active-reserve integration.

The NRF EOD community is composed of four commissioned units, two on each coast. On the West Coast, and under the operational control of EOD Group ONE, are EODMU SEVEN and EODMU SEVENTEEN, located in San Diego, CA and Whidbey Island, WA respectively. The East Coast Units are EODMU TEN and EODMU TWELVE located at Fort Story, Virginia and Charleston, SC and fall under the operational control of EOD Group TWO.

Mobilizations over the last three years have seen members of the NRF EODMUs deployed to Souda Bay, Crete, Sigonella, Sicily, Bahrain and beyond. Through the unique skill sets that they bring to the fight, these Reserves have made significant impact on the global war on terror. The EOD community has been a leader in integrating and shaping their Reserve Component over the last two decades, which has facilitated seamless integration during these challenging times. Continued emphasis on FP/AT capabilities and global war on terror will likely keep this small but effective community busy for some time to come.

Constructionman Senior Chief Russell Abitt assigned to Explosive Ordnance Disposal Mobile Unit Ten (EODMU-10) tends the line of a fellow diver during training on board Naval Amphibious Base Little Creek, Va. EODMU-10 personnel train continually to maintain correct diving qualifications

*U.S. Navy photo by  
Photographer's Mate 3rd Class Timothy Benson*



Chief Hull Technician Jeff Bailey, assigned to Explosive Ordnance Disposal Mobile Unit Twelve (EODMU-12), enters the water during the insertion of the Cerberus Swimmer Detection System at Naval Station Pascagoula during the Gulf Coast Domain Awareness Initiative 2005. The Detection System is able to differentiate between marine life and swimmers.

*U.S. Navy photo by  
Photographer's Mate 1st Class Michael Moriatis*



Master Chief Hull Maintenance Technician Leon Ford, foreground, and Aviation Boatswains Mate 1st Class Roger Miracle jump out of a UH-3H Sea King helicopter from 10,000 feet during a training jump over Whidbey Island, Wash. Master Chief Ford is assigned to Explosive Ordnance Disposal Mobile Unit Seventeen (EODMU-17) and is a qualified master jumper. On this jump he is observing other qualified jumpers on exiting techniques and mid-air body movement.

*U.S. Navy photo by Photographer's Mate 3rd Class Chris Olson*





# SEABEES

## CAN DO ATTITUDE

Naval Mobile Construction Battalions (NMCBs) provide responsive military construction support to Navy, Marine Corps and other forces in military operations, construct base facilities and conduct defensive operations. Also known as the Seabees, they perform specialized construction, such as water well drilling and battle damage repair. In addition to standard wood, steel, masonry and concrete construction, Seabees work and defend themselves at construction sites outside of their base camp and convoy through unsecured areas. In times of emergency or disaster, Seabees conduct disaster control and recovery operations. There are four Reserve Naval Construction Regiments, 12 Reserve Seabee Battalions, and one Naval Construction Force Support Unit.

### RESERVE NAVAL MOBILE CONSTRUCTION BATTALIONS

Naval Mobile Construction Battalion 14, Jacksonville, Fla.  
 Naval Mobile Construction Battalion 15, Belton, Mo.  
 Naval Mobile Construction Battalion 17, Fort Carson, Colo.  
 Naval Mobile Construction Battalion 18, Fort Lewis, Wash.  
 Naval Mobile Construction Battalion 21, Lakehurst, N.J.  
 Naval Mobile Construction Battalion 22, Fort Worth, Texas  
 Naval Mobile Construction Battalion 23, Fort Belvoir, Va.  
 Naval Mobile Construction Battalion 24, Huntsville, Ala.  
 Naval Mobile Construction Battalion 25, Fort McCoy, Wis.  
 Naval Mobile Construction Battalion 26, Mount Clemons, Mich.  
 Naval Mobile Construction Battalion 27, Brunswick, Mass.  
 Naval Mobile Construction Battalion 28, Shreveport, La.

### RESERVE NAVAL CONSTRUCTION REGIMENTS

3rd Naval Construction Regiment, Atlanta, Ga.  
 1st Naval Construction Regiment, Port Hueneme, Calif.  
 7th Naval Construction Regiment, Newport, R.I.  
 9th Naval Construction Regiment, Fort Worth, Texas

### NAVAL CONSTRUCTION FORCE SUPPORT UNIT

Naval Construction Force Support Unit 2, Port Hueneme, Calif.

- 1 Equipment Operator 1st Class Paul Blagg, Equipment Operator 3rd Class Murray Brewer (NMCB-24), U.S. Navy photo by Mark H. Overstreet
- 2 Engineering Aide 1st Class Scott Lyerla (NMCB-15), U.S. Navy photo by Photographer's Mate 1st Class Arlo X. Abrahamson
- 3 Construction Mechanic Constructionman Daryl Johnson (NMCB 17), U.S. Navy photo by Photographer's Mate 2nd Class Don Peterson
- 4 Navy Capt. Barbara Sisson (NMCB-14), U.S. Navy photo by Ens. Tony Hallabaugh



### A PROUD HISTORY

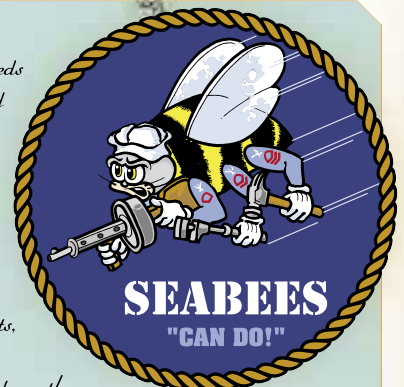
The "Seabees" are skilled Navy craftsmen who build and defend the structures the Navy needs around the world. Their famous name and this logo date back to 1942, when they were compared to the highly industrious bee, which goes about its own work but packs a mighty sting when disturbed.

The regular Navy formed its first Construction Battalion in 1942. Seabees served proudly in World War II, building roads, bridges, airport runways and even entire bases. Seabees have served in almost every world crisis and conflict since then. The first Naval Reserve Seabee units were organized in 1948.

The Seabees are known throughout the Navy for their "Can Do" spirit. Their construction feats, such as providing nuclear power to McMurdo Station in Antarctica, are legendary.

Navy Seabees are not only builders, but also fierce fighters. They can carve a Navy base from the wilderness, then defend it until reinforcements arrive to occupy it.

When mobilized, almost 16,000 Naval Reserve Seabees report to their units to help pave the way for the regular Navy, perform refrigeration and air-conditioning work.





# NAVAL EXPEDITIONARY LOGISTICS SUPPORT FORCE

## COMNAVELSF

Commander, Naval Expeditionary Logistics Support Force (COMNAVELSF) supports more than 3,100 Naval Reservists (approximately 250 officers and 2900 enlisted) in more than 120 Naval Reserve Battalions and Companies located throughout the United States. COMNAVELSF encompasses more than 90 percent of the U.S. Navy's Supply and Transportation Expeditionary Units. The Naval Expeditionary Logistics Support Force is organized into 14 battalions (12 Navy Cargo Handling Battalions and two Supply Support Battalions) with drilling detachments referred to as companies.

Naval Expeditionary Logistics Support Force (NAVELSF) is a Navy Reserve command organized and staffed to provide a wide range of supply and transportation support critical for peacetime support, crisis response, humanitarian, and combat service support missions. NAVELSF consists of a full-time and selective reserve support staff, 12 Navy Cargo Handling Battalions (NCHBs), and 2 Navy Supply Support Battalions (NSSBs).

Navy Cargo Handling Battalions (NCHB) are Naval Reserve commissioned units tasked with loading and unloading all classes of cargo, except bulk petroleum. They are a selective reserve Advanced Base Functional Component (ABFC) unit of NAVELSF and are capable of worldwide deployment in its entirety or in specialized detachments. The NCHB is organized, trained, and equipped to load and off-load Navy and Marine Corps cargo carried in maritime prepositioning ships and merchant breakbulk or container ships in all environments; operate in associated temporary ocean cargo terminal; load and off-load Navy and Marine Corps cargo carried in military-controlled aircraft; and operate an associated expeditionary air cargo terminal.

Navy Supply Support Battalions (NSSB) are a selective reserve ABFC unit of NAVELSF, which provides warehouse and freight terminal support, Personnel Support and Services (admin, barbershop, laundry, ship's store), mobile mail support, and Supply Logistics Information support.

### UNITS

Supply Support Battalion 1, Phoenix, Ariz.  
Supply Support Battalion 2, Quincy, Mass.  
Navy Cargo Handling Battalion 3, Alameda, Calif.  
Navy Cargo Handling Battalion 4, Charleston, S.C.  
Navy Cargo Handling Battalion 5, Tacoma, Wash.  
Navy Cargo Handling Battalion 6, Orange, Texas  
Navy Cargo Handling Battalion 7, Great Lakes, Ill.  
Navy Cargo Handling Battalion 8, Fort Dix, N.J.  
Navy Cargo Handling Battalion 9, Columbus, Ohio  
Navy Cargo Handling Battalion 10, Norfolk, Va.  
Navy Cargo Handling Battalion 11, Jacksonville, Fla.  
Navy Cargo Handling Battalion 12, Bessemer, Ala.  
Navy Cargo Handling Battalion 13, Gulfport, Miss.  
Navy Cargo Handling Battalion 14, Port Hueneme, Calif.

### HEADQUARTERS

Cheatham Annex, Williamsburg, Va.



Culinary Specialist  
2nd Class Carrie Lord  
*U.S. Navy photo by  
Chief Journalist Kevin Elliott*



Fire Controlman  
2nd Class Jeffrey Oberts  
*U.S. Navy photo by  
Chief Journalist Kevin Elliott*

# NAVAL SPECIAL WARFARE

## FROM THE SEA, AIR & LAND

**T**he Naval Special Warfare Operational Support Group is an Echelon III command reporting to Commander, Naval Special Warfare Command.

The mission of the Operational Support Group and its component commands, Naval Special Warfare Operational Support Teams ONE and TWO, are to provide a ready force of Naval Reservists available for mobilization in support of Naval Special Warfare component commands, as functional detachments or as individuals, through the effective administration, management, and training oversight of assigned Naval Reserve personnel.

The Naval Special Warfare Reserve Force Sea, Air, and Land (SEAL), Special Warfare Combatant-craft Crewmen (SWCC), and Technician Officer and Enlisted personnel that provide support to Naval Special Warfare Operational Commanders ranging from peacetime training and exercise support to combat operations.

### NAVAL SPECIAL WARFARE OPERATIONAL SUPPORT GROUP

#### NAVAL SPECIAL WARFARE OPERATIONAL SUPPORT TEAMS ONE

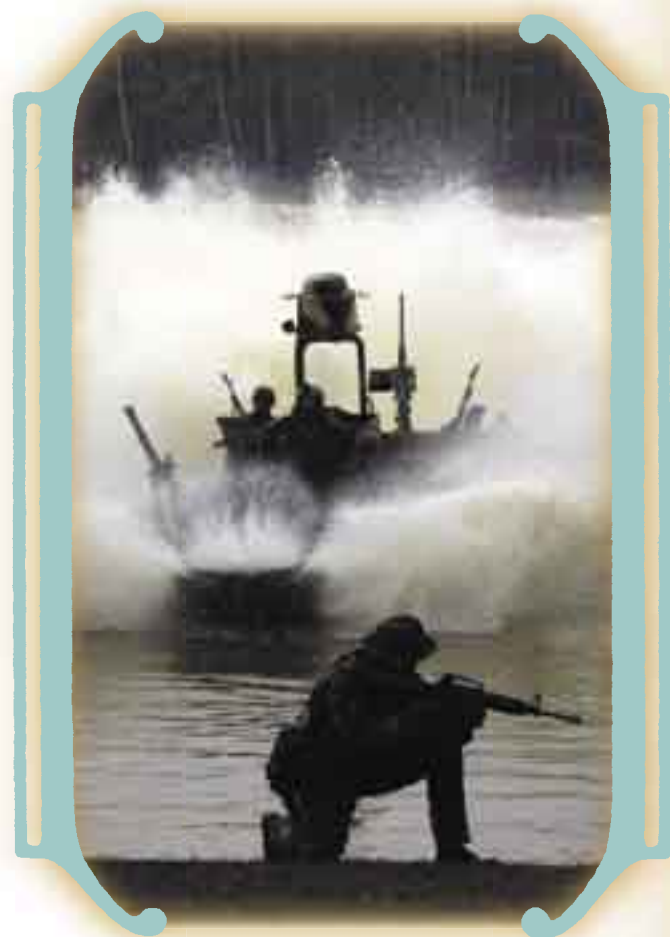
(NSW OST-1)  
Coronado, Calif.

#### NAVAL SPECIAL WARFARE OPERATIONAL SUPPORT TEAMS TWO

(NSW OST-2)  
Little Creek, Va.

NSWG-2 TRADET trains all of the east coast SEAL Teams before they deploy to support missions throughout the world.

*U.S. Navy photo by Photographer's Mate 1st Class Shawn Eklund*



Special Warfare Combatant Crewmen (SWCC) assigned to Special Boat Team Twenty-Two demonstrate the new Special Operations Craft-Riverine (SOC-R) while training at the Stennis Space Center.

*U.S. Navy photo by Intelligence Specialist 1st Class Jeremy Richardson*





U.S. Navy photo by Photographer's Mate 1st Class Greg Bingaman

January



February-March



U.S. Navy Photo by Photographer's Mate 1st Class Matthew J. Thomas

May



U.S. Navy photo by Photographer's Mate 3rd Class Travis M. Burns

April



U.S. Navy photo by Photographer's Mate 1st Class Lou Rosales



June



U.S. Navy photo by Photographer's Mate 1st Class Michael Moratis

U.S. Navy photo by Photographer's Mate 3rd Class Aaron Burden



To all Sailors wherever they may be





July



U.S. Navy photo by  
Photographer's Mate 3rd Class Paula J Sato

U.S. Navy photo by Photographer's Mate 3rd Class Kristopher Wilson



November



August



September

## Photo Index



*January*-Cryptologic Technician 3rd  
Class Ryan M. King

*Feb-March*-Constructionman Nikolas  
Matthews (NMCB-7)

*April*-Aviation Structural Mechanic 3rd Class Justin  
Lenderman (HM-15)

*May*-Boatswain's Mate 3rd Class Marcus Allen (saluting)  
and Gunner's Mate Scott Favara

*June*-Aviation Electrician's Mate 2nd Class Nathan Larch  
(HC-85)

*July*-Sailor, (NAVELSF) Forward Oscar

*August*-Personnelman 3rd Class Sabina Centeno (JTF) North

*September*-Internal Communications Electrician 3rd Class Terry Louck (L)  
& Information Technicians Mate 1st Class Adam Williams (NCWGRU 1)

*October*-Builder 1st Class Ben Campbell (NMCB 3)

*November*-Aviation Warfare Systems Operator 1st Class Robert Webber  
(HS-75)

*December*-F/A-18A Hornet, U.S. Navy flight demonstration team, "Blue Angels"



October



December

U.S. Navy photo by Photographer's Mate 2nd Class Jayme Pastorio

Resubmitted for  
Your Viewing Pleasure



# NAVY ACRONYMS

## FYI (FOR YOUR INFORMATION)

AA - Authorized Absence  
 ABSC - Active Billet Sequence Code  
 ADSW - Active Duty for Special Work  
 ADT - Active Duty Training  
 APG - Advanced Pay Grade  
 AOC - Aviation Officer Candidate  
 AT - Annual Training  
 ATP - Additional Training Period

BUDS - Basic Underwater Demolition School  
 BUMED - Bureau of Medicine and Surgery

CACO - Casualty Assistance Calls Officer  
 CAI - Cross-Assigned In  
 CAO - Cross-Assigned Out  
 CEC - Civil Engineering Corps  
 COLA - Cost of Living Allowance  
 CNAFR - Commander, Naval Air Force Reserve  
 CNR - Chief of Navy Reserve  
 COMNAVRESCRUITCOM - Commander, Naval Reserve Intelligence Command  
 CNRFC - Commander, Navy Reserve Forces Command  
 COMRATS - Commuted Rations  
 CONUS - Continental United States

DDS - Direct Deposit System  
 DEERS - Defense Eligibility Enrollment Reporting System

EOS - Expiration Of Service  
 ET - Equivalent Training

IADT - Initial Active Duty Training  
 IDT - Inactive Duty Training (a period of training on inactive duty, usually four hours in duration)  
 IDTT - Inactive Duty Training Travel  
 IMA - Individual Mobilization Augmentee  
 IMAPMIS - Inactive Manpower and Personnel Management Information System  
 IRR - Individual Ready Reserve

MEPS - Military Entrance Processing Station  
 MILPERSMAN - Military Personnel Manual  
 MIUW - Mobile Inshore Undersea Warfare

NAF - Naval Air Facility  
 NAS - Naval Air Station  
 NMCRC - Naval and Marine Corps Reserve Center  
 NAVRESPERS-CEN - Naval Reserve Personnel Center  
 NAVSTA - Naval Station  
 NAVET - Navy Veteran

NEC - Navy Enlisted Classification (or Code)  
 NOBC - Navy Officer Billet Classification (or Code)  
 NOE - Notice Of Eligibility  
 NOSC - Navy Operational Support Center  
 NPQ - Not Physically Qualified  
 NRA - Navy Reserve Activity  
 NRC - Navy Reserve Center  
 NRF - Navy Reserve Force  
 NRIP - Navy Reserve Intelligence Program  
 NROTC - Naval Reserve Officer Training Corps  
 NROWS - New Order Writing System  
 NRSO - Naval Reserve Skills Online  
 NSIPS - Navy Standard Integrated Personnel System

OCS - Officer Candidate School  
 OIC - Officer In Charge  
 OJT - On the Job Training  
 OPNAV - Office of Chief of Naval Operations  
 OSO - Operational Support Officer  
 OCONUS - Outside the Continental United States

PARS - Personnel Advancement Requirements  
 PAYPERSMAN - Navy Pay and Personnel Procedures Manual  
 PCS - Permanent Change of Station  
 POV - Privately Owned Vehicle  
 PRC - Presidential Reserve Callup  
 PRD - Projected Rotation Date  
 PRIMUS - Physician Reservists in Medical Universities and Schools  
 PSD - Personnel Support Detachment

RBSC - Reserve Billet Sequence Code  
 RCHB - Reserve Cargo Handling Battalion  
 REDCOM - Readiness Command  
 REFLEX - Reserve Flexible (drilling opportunities)  
 RESFORON - Reserve Force Squadron  
 RFAS - Reserve Functional Area and Sex  
 RIAC - Reserve Intelligence Area Commander  
 RIPO - Reserve Intelligence Program Officer  
 RSTARS - Reserve Support Standard Training Administration and Readiness  
 RTB - Reserve Transition Benefits  
 RTSS - Reserve Training Support System  
 RUAD - Reserve Unit Assignment Document  
 RUIC - Reserve Unit Identification Code

UCMJ - Uniform Code of Military Justice  
 UMA - Uniform Maintenance Allowance  
 USC - United States Code  
 USNR-R - United States Naval Reserve - Ready  
 USNR-S1 - United States Naval Reserve - Standby Reserve

# STAFF CODES

## U.S. ARMED FORCES

### JOINT CHIEFS OF STAFF

<b>J1</b>	Manpower and Personnel
<b>J2</b>	Intelligence
<b>J3</b>	Operations
<b>J4</b>	Logistics
<b>J5</b>	Strategic Plans and Policy
<b>J6</b>	Command, Control, Communications and Computer System
<b>J7</b>	Operational Plans and Interoperability
<b>J8</b>	Force Structure, Resources and Assessment

### NAVY

<b>N1</b>	Manpower and Personnel
<b>N2</b>	Intelligence
<b>N3</b>	Operations
<b>N4</b>	Logistics
<b>N5</b>	Plans and Policy
<b>N6</b>	Information Technology
<b>N7</b>	Readiness and Training
<b>N8</b>	Resources and Requirements

### MARINE CORPS

	Marine Forces: MARFORLANT/MARFORPAC/MARFORRES
	Marine Expeditionary Force (MEF)
	Division (Ground)
	Wing (Air)
	Force Service Support Group (Logistics/Maintenance)
<b>G1</b>	Manpower and Personnel
<b>G2</b>	Intelligence
<b>G3</b>	Operations
<b>G4</b>	Logistics/Supply
<b>G5</b>	Plans
<b>G6</b>	Communications
<b>G7</b>	Inspector
<b>G8</b>	Requirements

### ARMY

<b>G1</b>	Personnel
<b>G2</b>	Intelligence
<b>G3</b>	Operations and Plans
<b>G4</b>	Logistics
<b>G5</b>	Civil Affairs
<b>G6</b>	Information Management
<b>G8</b>	Resource Management

### AIR FORCE

<b>A1</b>	Personnel
<b>A2</b>	Intelligence
<b>A3</b>	Operations
<b>A4</b>	Logistics
<b>A5</b>	Plans and Programs
<b>A6</b>	Communications
<b>A7</b>	Installation and Mission Support
<b>A8</b>	Requirements



# ACTIVATION & MOBILIZATION

## CHECKLIST

### A. PAY/DIRECT DEPOSIT/ALLOTMENT

- ☐ Voided personal check or deposit slip (displaying bank address/telephone, bank routing/account numbers).
- ☐ Bank account information (bank address/telephone, bank routing/account numbers) for each desired allotment.
- ☐ Copy of current mortgage(s) (with principal/interest/tax/insurance breakdown) and documentation of one month's average utilities, OR copy of house or apartment rental agreement and documentation of one month's average utilities.
- ☐ Copy(s) of current child support agreement(s).
- ☐ If [Medical Corps (MC), Dental Corps (DC), Medical Service Corps (MSC) (Clinical), Nurse Corps (NC)] certified copies or proof of the following:
  - Current license/certificate
  - Current BCLS, ACLS, PALS, etc.
  - Current demographic information if MC
  - Internship
  - Residency
  - Board certification in specialty or board certification qualifications.

### B. SERVICE RECORD/PHD

- ☐ Certification of discharge/separation (DD-214) for all former periods of active duty.
- ☐ Your birth certificate or passport (for those deploying OUTCONUS).
- ☐ Birth, adoption or guardianship certificates for family members.
- ☐ Social Security Numbers for self and family members.
- ☐ Certified copy of marriage certificate for present marriage.
- ☐ Certified copies of documentation terminating any previous marriage (divorce/annulment/spouse's death certificate).
- ☐ Certification of full-time enrollment for self and college-age dependents from school registrar.
- ☐ Signed statement from licensed physician for dependent parent/children over twenty-one years of age who are incapacitated.
- ☐ Current DON Family Care Plan Certification (NAVPERS 1740/6).

### C. SECURITY CLEARANCE

- ☐ Certified copy of naturalization papers.
- ☐ Names/addresses of personal/professional references (minimum of 3 each required).

- ☐ Names/addresses/dates of employment for the past ten years (or since graduation from high school).
- ☐ Names/addresses/dates of high school and college.
- ☐ Addresses and dates of all previous residences.
- ☐ Names/dates/places of birth for your parents and your spouse's parents.

### D. LEGAL

- ☐ Location of current valid will.
- ☐ Copy of current power(s) of attorney (business arrangements/tax filing/child care/family medical emergency care/household goods and POV storage).
- ☐ Documentation to support potential legal issues, such as loss of college tuition assistance, loss of security deposit on lease, loss of employee medical benefits, etc.

### E. MEDICAL

- ☐ Copy of most recent eyeglass prescription and extra set of eyeglasses. (\*\*NOTE Contact lenses may not be authorized depending upon duty assignment.)
- ☐ Extra hearing aid/batteries.
- ☐ Documentation of significant medical/dental conditions not documented in military medical/dental records.
- ☐ Copy of prescription(s) issued by physician (or other documentation of approved medications). Minimum 90 days supply of medications.
- ☐ Documentation to support enrollment of exceptional family member in available Navy/DOD programs.
- ☐ Documentation of enrollment in TRICARE SELRES Dental Program (TSRDP).

### F. PERSONAL

- ☐ Driver's license (to support issuance of government license.)
- ☐ For those authorized POV travel, vehicle registration/insurance documentation.
- ☐ Documentation to support any claim delay and/or exemption.

**\*\* NOTE:** If requirements listed above for Service Record/PSD and Security Clearance are already reflected in your service record, you do not need to bring additional documents.

# PAY PROCESSING & TRAVEL

## CHECKLIST

- ☐ Verify whether you will be reimbursed for commercial or government berthing and messing:
- ☐ A Berthing Endorsement or Certification of Non-Availability (CNA) is required for reimbursement of commercial lodging expenses (hotel costs). If a CNA is not provided on your itinerary and you are directed to stay in government berthing, you must stay in government quarters or obtain a CNA endorsement from the local berthing authority.
- ☐ Verify government messing availability/non-availability at check-in. If messing is directed but not available, endorsement or order modification is required for meal reimbursement.
- ☐ Upon reporting for duty, submit to that Command's local PSD:
- ☐ Orders with Command Endorsements (Note: Orders must be imprinted with the word "ORIGINAL").
- ☐ Copy of current/verified NAVPERS 1070/60 "Page 2."
- ☐ Completed and signed ACDUTRA PAY AND ALLOWANCE CHECKLIST (requirement varies by PSD).
- ☐ Submit the following to your Reserve Activity within two (2) working days of completing travel:
- ☐ Completed Travel Voucher DD 1351-2 with ORIGINAL signature.
- ☐ Copy of endorsed orders.
- ☐ Second copy of endorsed orders (only required for IDTT processing).
- ☐ Receipts for lodging (regardless of amount) and all reimbursable expenses over \$75.00 or more. Credit card receipts are not acceptable for rental cars--actual rental car receipts are required.
- ☐ Copy of SATO Travel Itinerary (if travel incurred).
- ☐ Completed Direct Deposit "verification" form with electronic funds transfer (EFT) data (some PSDs require this only upon change to EFT data; requirement varies by PSD).
- ☐ Certification of Non-Availability (CNA) for commercial lodging/meals from the BEQ/BOQ (if SATO has not already provided this on your Itinerary).
- ☐ Reserve Activity Authorizing Officer (AO) approval.



NOTE: *Incomplete Travel Claims can result in returned or incomplete payment!*

To minimize errors on your Travel Claims, see detailed instructions for your PSD and global forms at <http://www.pasd.navy.mil> or view the Travel section of "The Gouge" (SELRES Survival Guide) at: [www.navalreserve.navy.mil](http://www.navalreserve.navy.mil) > COMNAVRESFORCOM (Private Side) > Welcome Aboard > Customer Service > THE GOUGE.

REF: JFTR VOL 1 and JTR VOL 2 / DODFMR VOL9 U2510

Endorsed and approved by: PSAs LANT, WEST, PAC and EUR  
 Provided by: CNRFC CUSTOMER SERVICE DIRECTORATE / N00Q



## NAVY RESERVE

## CONTACT INFORMATION

Office of the  
Chief of Navy Reserve  
(703) 695-0324

REDCOM Northeast  
1-866-249-2454

Albany, N.Y.  
(518) 489-5441

Amityville, N.Y.  
(631) 842-4850

Bangor, Maine  
(207) 942-4388

Bronx, N.Y.  
(646) 342-3754

Buffalo, N.Y.  
(716) 807-4769

Earle, N.J.  
(732) 580-8545  
(732) 866-2888

Fort Dix, N.J.  
(609) 351-1375

Fort Drum  
(Watertown), N.Y.  
(315) 212-0352

Glens Falls, N.Y.  
(518) 505-4534

Horseheads, N.Y.  
(607) 331-9309

Manchester, N.H.  
(603) 303-0705  
(603) 537-8023

New Haven, Conn.  
(203) 589-8117

Newport, R. I.  
(401) 841-4550

Plainville, Conn.  
(860) 573-9180

Quincy, Mass.  
(617) 777-7245  
(617) 504-3024

Rochester, N.Y.  
(585) 247-6858

Syracuse, N.Y.  
(315) 455-2441

White River Junction, Vt.  
(802) 295-0050

Worcester, Mass.  
(508) 259-7103

REDCOM Mid Atlantic  
1-866-538-4773

Adelphi, Md.  
(301) 394-5800

Avoca, Pa.  
(570) 407-1086

Baltimore, Md.  
(410) 752-4561

Ebensburg, Pa.  
(814) 341-2199

Erie, Pa.  
(814) 866-3073

Harrisburg, Pa.  
(888) 879-6649

Huntington, W. Va.  
(304) 523-7471

Lehigh Valley, Pa.  
(610) 264-8823

Moundsville, W.Va.  
(304) 843-1553

Norfolk, Va.  
(757) 635-4548

Pittsburgh, Pa.  
(412) 673-0801

Reading, Pa.  
(610) 378-0164

Richmond, Va.  
(804) 833-2882

Roanoke, Va.  
(540) 309-2563  
(540) 563-9723

Washington, D.C.  
(202) 391-6907

Wilmington, Del.  
(302) 998-3328

REDCOM Southeast  
1-800-201-4199

Asheville, N.C.  
(828) 777-1194

Atlanta, Ga.  
(770) 722-4392

Augusta, Ga.  
(706) 533-3439

Bessmer, Ala.  
(205) 497-2600

Charleston, S.C.  
(843) 743-2620

Charlotte, N.C.  
(704) 264-9159

Chattanooga, Tenn.  
(423) 322-6814

Columbia, S.C.  
(803) 606-4756

Columbus, Ga.  
(706) 464-9895

Greensboro, N.C.  
(336) 254-8671

Greenville, S.C.  
(864) 423-5889

Gulfport, Miss.  
(228) 323-0064

Jacksonville, Fla.  
(904) 542-3320

Knoxville, Tenn.  
(865) 406-4024

Lexington, Ky.  
(859) 494-1473

Louisville, Ky.  
(502) 386-1721

Memphis, Tenn.  
(901) 212-5354  
(901) 874-5256

Meridian, Miss.  
(601) 604-1865

Miami, Fla.  
(305) 336-5572

Mobile, Ala.  
(251) 490-0611

Nashville, Tenn.  
(615) 429-0890

Orlando, Fla.  
(407) 240-5939

Pensacola, Fla.  
(850) 384-4023

Raleigh, N.C.  
(866) 635-8393

Roosevelt Roads, P.R.  
(787) 865-4300

St. Petersburg  
(Clearwater), Fla.  
(727) 744-9927

Tallahassee, Fla.  
(850) 294-9158

Tampa, Fla.  
(813) 486-0236

Tuscaloosa, Ala.  
(205) 292-0198

West Palm, Fla.  
(561) 315-7888  
(561) 687-3960

Wilmington, N.C.  
(910) 540-9676  
(910) 762-9676

REDCOM South  
1-866-587-0544

Albuquerque, N.M.  
(505) 379-1366

Amarillo, Texas  
(866) 804-1627

Austin, Texas  
(512) 797-2250

Baton Rouge, La.  
(225) 270-2751

Cape Girardeau, Mo.  
(573) 576-9300

Cedar Rapids, Iowa  
(319) 310-4796

Corpus Christi, Texas  
(361) 728-5507

Des Moines, Iowa  
(515) 205-6527

Dubuque, Iowa  
(866) 556-2144

El Paso, Texas  
(915) 276-6289

Fort Worth, Texas  
(817) 271-8936

Harlingen, Texas  
(956) 367-1856

Houston, Texas  
(713) 502-2731

Kansas City, Mo.  
(816) 923-2341

Lincoln, Neb.  
(402) 450-4072

Little Rock, Ark.  
(501) 416-6356

Lubbock, Texas  
(806) 438-7293

New Orleans, La.  
(504) 554-5830

Oklahoma City, Okla.  
(405) 733-1052

Omaha, Neb.  
(402) 871-7086

Orange, Texas  
(409) 779-0158

San Antonio, Texas  
(210) 381-2297

Shreveport, La.  
(318) 393-0096

Sioux City, Iowa  
(712) 490-8049  
(712) 276-0130

Springfield, Mo.  
(417) 425-2598

St. Louis, Mo.  
(314) 954-1052

Tulsa (Broken Arrow)  
(918) 258-7822

Waco, Texas  
(254) 498-1910

Wichita, Kan.  
(316) 640-5139

REDCOM Mid West  
1-866-356-3446

Akron, Ohio  
(330) 376-9054

Battle Creek, Mich.  
(269) 420-8813

Chicago, Ill.  
(847) 804-1525

Cincinnati, Ohio  
(513) 319-9396

Cleveland, Ohio  
(216) 214-9309

Columbus, Ohio  
(614) 352-3331

Decatur, Ill.  
(217) 433-9058

Detroit, Mich.  
(586) 307-6148

Duluth, Minn.  
(218) 310-0166

Evansville, Ind.  
(812) 455-1133

Forest Park, Ill.  
(708) 670-2280

Grand Rapids, Mich.  
(616) 363-6889

Green Bay, Wis.  
(920) 366-4606

Grissom, Indiana  
(765) 469-0178

Indianapolis, Ind.  
(317) 294-7380

La Crosse, Wis.  
(608) 792-1622

Lansing, Mich.  
(517) 930-2579

Madison, Wis.  
(608) 225-3417

Marquette, Mich.  
(906) 362-8767

Milwaukee, Wis.  
(414) 303-9606

Minneapolis, Minn.  
(612)-713-4600

Peoria, Ill.  
(309) 678-1157

Rock Island, Ill.  
(309) 373-7731

Saginaw, Mich.  
(989) 233-5712

Toledo  
(Perryburg), Ohio  
(419)-666-3444

Youngstown, Ohio  
(330) 609-1900

REDCOM Southwest  
1-866-744-1735

Alameda, Calif.  
(510) 967-5143

Encino, Calif.  
(818) 381-6752

Guam  
(671) 339-6724

Honolulu, Hawaii  
(808) 227-3575

Las Vegas, Nev.  
(702) 349-9685

Lemoore, Calif.  
(559) 960-3228

Los Angeles, Calif.  
(310) 617-8360

Moreno Valley, Calif.  
(951) 840-0187

Phoenix, Ariz.  
(602) 758-3254

Port Hueneme, Calif.  
(805) 469-3845

Reno, Nev.  
(775) 250-7886

Sacramento, Calif.  
(916) 919-6059

San Diego, Calif.  
(866) 843-0431

San Jose, Calif.  
(408) 210-2950

Tucson, Ariz.  
(520) 228-6289  
(520) 444-4439

REDCOM Northwest  
(425) 304-3338

Bangor, Wash.  
(360) 315-3004

Billings, Mont.  
(406) 248-2090

Boise, Idaho  
(208) 841-2004

Central Point, Ore.  
(541) 941-5082

Cheyenne, Wyo.  
(307) 631-0979

Denver, Colo.  
(720) 847-6205

Eugene, Ore.  
(541) 915-2391/4778

Everett, Wash.  
(425) 304-4764

Fargo, N.D.  
(701) 232-3689

Fort Carson, Colo.  
(719) 331-6177

Fort Richardson, Alaska  
(907) 384-6493

Helena, Mont.  
(406) 449-5725

Pocatello, Idaho  
(208) 238-0490

Portland, Ore.  
(503) 285-4566

Salt Lake City, Utah  
(801) 725-3346

Silverdale, Wash.  
(360) 315-3004

Sioux Falls, S.D.  
(605) 929-6265

Spokane, Wash.  
(509) 879-9260

Tacoma, Wash.  
(253) 209-0181

Naval Air Stations  
Atlanta, Ga.  
(678) 655-6392

Fort Worth, Texas  
(817) 782-7152

New Orleans, La.  
(504) 678-3254

Willow Grove, Pa.  
(215) 443-6454

Naval Air  
Reserve Center  
Denver, Colo.  
(303) 677-6230

Naval Air Reserve  
Atlanta, Ga.  
(678) 655-6392

Brunswick, Maine  
(207) 522-1064

Fort Worth, Texas  
(817) 782-7152

Jacksonville, Fla.  
(904) 542-3320

Norfolk, Va.  
(757) 444-7295

Point Mugu, Calif.  
(805) 989-7559

San Diego, Calif.  
(619) 545-2632

Whidbey Island, Wash.  
(360) 257-2922

Willow Grove, Pa.  
(215) 443-6454

Naval Operation  
Support Center

New Orleans, La.  
(504) 697-9205

Naval Air Facility  
Washington D.C.  
(240) 857-4880

Naval Reserve  
Intelligence Command

Reserve Intelligence  
Command Headquarters  
Fort Worth, Texas  
(800) 544-9962

Reserve Intelligence  
Area One  
Oak Harbor, Wash.  
(360) 257-2254

Reserve Intelligence  
Area Three  
New Orleans, La.  
(504) 678-3411  
(888) 347-2606

Reserve Intelligence  
Area Three  
Millington, Tenn.  
(901) 874-5619

Reserve Intelligence  
Area Four  
San Diego, Calif.  
(619) 524-6432  
(800) 873-4139

Reserve Intelligence  
Area Five  
Aurora, Colo.  
(720) 847-6225

Reserve Intelligence  
Area Six  
Fort Worth, Texas  
(817) 782-6462  
(800) 548-4738

Reserve Intelligence  
Area Nine  
Great Lakes, Ill.  
(847) 688-6273

Reserve Intelligence  
Area Nine  
Mt. Clemens, Mich.  
(586) 307-4501

Reserve Intelligence  
Area Ten  
Minneapolis, Minn.  
(612) 713-4700  
(800) 253-4011

Reserve Intelligence  
Area Thirteen  
Jacksonville, Fla.  
(904) 542-3320

Reserve Intelligence  
Area Fourteen  
Marietta, Ga.  
(678) 655-6380  
(888) 436-2246

# RESOURCE GUIDE

## CONTACT INFORMATION

Reserve Intelligence  
Area Fifteen  
Norfolk, Va.  
(757) 444-1352

Reserve Intelligence  
Area Sixteen  
Willow Grove, Pa.  
(215) 443-6651  
(877) 205-0838

Reserve Intelligence  
Area Eighteen  
Devens, Mass.  
(978) 796-2610  
(800) 854-8019

Reserve Intelligence  
Area Nineteen  
Andrews AFB  
(240) 857-2030

**Naval Reserve Security  
Group Command**  
Reserve Cryptologic  
Area Central  
Ft Sheridan, Ill.  
(847) 688-7210

Reserve Cryptologic  
Area East  
Fort Dix, N.J.  
(609) 562-1413

Reserve Cryptologic  
Area West  
San Diego, Calif.  
(619) 524-0239

Reserve Cryptologic  
Area South  
Forest Park, Ga.  
(404) 469-7162

**Major Command  
Reserve Operational  
Support Offices**  
Amphibious Group One  
011-81-611-742-2377

Amphibious Group Two  
(757) 462-7403

Amphibious Group Three  
(619) 556-1178

Bureau of Medicine and  
Surgery  
(202) 762-3410

Comptroller of Navy  
(OMN&R)  
(703) 614-0061

Comptroller of Navy (RPN)  
(703) 614-5528

Defense Intelligence  
Agency  
(202) 231-4980

Defense Logistics Agency  
(703) 767-5320

Employer Support of the  
Guard and Reserve  
DSN: 426-1390

US Naval Forces Central  
Command US Fifth Fleet  
011-973-724-383

Fleet Air Mediterranean  
011-39-081-568-4184

Fleet Forces Command  
(757) 836-4021  
(757) 836-4571  
(757) 836-3847

Fleet Intelligence Training  
Center Pacific  
(619) 524-6753

Headquarters  
US Marine Corps  
DSN: 278-9360

Joint Chiefs of Staff  
(703) 697-3397

Joint Forces Intelligence  
Command  
(757) 836-7211

Military Sealift Command  
(202) 685-5127

Mine Warfare Command  
(361) 961-4894

Naval Air Force  
US Atlantic Fleet  
(757) 445-1482

Naval Air Force  
US Pacific Fleet  
(619) 545-2734

Naval Air  
Systems Command  
(301) 757-8512

Naval Coastal  
Warfare Group One  
(619) 437-9525

Naval Criminal  
Investigate Service  
(202) 433-9169

Naval Education and  
Training Command  
(850) 452-9252

Naval Expeditionary  
Logistics Support Force  
(757) 256-1349

Naval Facilities  
Engineering Command  
(202) 685-9010

Naval Inspector General  
(202) 433-4707

Naval Meteorology and  
Oceanography Command  
(228) 688-4531

Naval Network and Space  
Operations Command  
(540) 653-5001

Naval Operations  
(301) 669-3389  
(703) 601-1744  
(703) 614-5563  
(703) 614-4932  
(703) 602-1768  
(703) 697-2230  
(703) 697-4040  
(703) 601-1427

Naval Personnel  
Development Command  
(757) 444-4996

Naval Sea  
Systems Command  
(202) 781-3116

Naval Security  
Group Command  
(240) 373-3415

Naval Service Training  
Command Great Lakes Ill.  
(708) 218-5042

Naval Special  
Warfare Command  
(619) 437-3230

Naval Submarine Forces  
(757) 836-1208

Naval Supply  
Systems Command  
(717) 605-5122

Naval Surface Force  
US Atlantic Fleet  
(757) 836-3234

Naval Surface Force  
US Pacific Fleet  
(619) 437-2219

Naval War College  
(401) 841-7801

Navy Region Europe  
011-44-207-514-4605

Navy Region Mid-Atlantic  
(757) 445-2435

Navy Region Northeast  
(860) 694-2210

Navy Region Northwest  
(360) 315-3007

Navy Region Southwest  
(706) 354-7301

Office Naval Intelligence  
(301) 669-4602

Second Fleet  
(703) 696-6676

Seventh Fleet  
011-81-6160-43-7440

Space And Naval Warfare  
Systems Command  
(619) 524-7323

Submarine Force  
Atlantic Fleet  
(757) 836-1208

Submarine Force Fleet  
Pacific Fleet  
(808) 473-2346

Third Fleet  
(619) 524-9537

US Atlantic Fleet  
(757) 836-3551

US Central Command  
(813) 827-6938

US European Command  
011-49-711-680-4496

US Joint Forces Command  
(757) 836-5141

US Naval Forces Europe  
011-44-207-514-4605

US Naval Forces Japan  
011-81-468-16-4467

US Naval Forces Korea  
011-822-7913-5795

US Naval Forces Marianas  
(671) 339-5432  
(671) 339-5117

US Naval Forces Southern  
Command  
(904) 270-7354

US Northern Command  
(719) 554-4120/0552

US Pacific Command  
(808) 477-2322

US Pacific Fleet  
(808) 474-8415

US Southern Command  
(305) 437-2987

US Special Operations  
Command  
(813) 828-3004

US Strategic Command  
(402) 294-8141/8121

US Transportation  
Command  
(618) 229-7084

**Naval Coastal  
Warfare Group**  
Naval Coastal  
Warfare Group One  
(619) 437 9531

Naval Coastal  
Warfare Group Two  
(757) 847-7905

**Commander  
Reserve Patrol Wing  
(COMRESPATWING)**  
VP-62  
(904) 542-2211

VP-66  
(215) 443-6600

VP-65  
(805) 989-8765/7598

VP-69  
(360) 254-2522

VP-92  
(207) 921-2092

VP-94  
(504) 678-3324

**Fleet Logistics  
Support Wing**  
VR-1  
(240) 857-3722

VR-46  
(678) 655-6333

VR-48  
(240) 857-6814

VR-51  
(808) 257-3289

VR-52  
(215) 443 6553

VR-53  
(240) 857-9029

VR-54  
(504) 678-3700

VR-55  
(805) 989-8755

VR-56  
(757) 444-0746

VR-57  
(619) 545-6931

VR-58  
(904) 542-4051

VR-59  
(817) 782-5411

VR-61  
(360) 257-6595

VR-62  
(207) 921-1462

VR-64  
(215) 443-6400

**Carrier Air Wing  
Reserve 20**  
VFC-12  
(757) 433-4919

VFC-13  
(775) 426-3645

VAW-77  
(678) 655-6382

VFA-201  
(817) 782-6363-221

VFA-204  
(504) 678-3491

VAQ-209  
(240) 857-7828

**Commander Helicopter  
Wing Reserve**  
(619) 846-4857

HCS-4  
(757) 445-0861

HCS-5  
(619) 545-7288

HS-60  
(904) 270-6906

HS-75  
(904) 542-4495

HC-85  
(619) 545-7218

**Operational Support  
Officer (OSO)  
and Reserve Force  
Operations**  
Amphibious Group One  
011-81-611-742-2377

Amphibious Group Two  
(757) 462-7403 x510

Amphibious Group Three  
(619) 556-1178

Destroyer Squadron Two  
(757) 444-1452 x509

Fifth Fleet  
011-973-17-854-383  
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Navy Reserve Resource  
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E-mail the editor with  
correction.  
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